

# St. Patrick Catholic Church

*San Francisco's Historic Landmark #4*

*(Founded in 1851)*

756 Mission St. (between 3rd and 4th Streets) San Francisco, CA 94103 | Tel (415) 421-3730

[www.stpatricksf.org](http://www.stpatricksf.org)

**May 17, 2026 - The Ascension of the Lord**

*He was lifted up,  
and a cloud took him from their sight. ~ Acts 1:9*

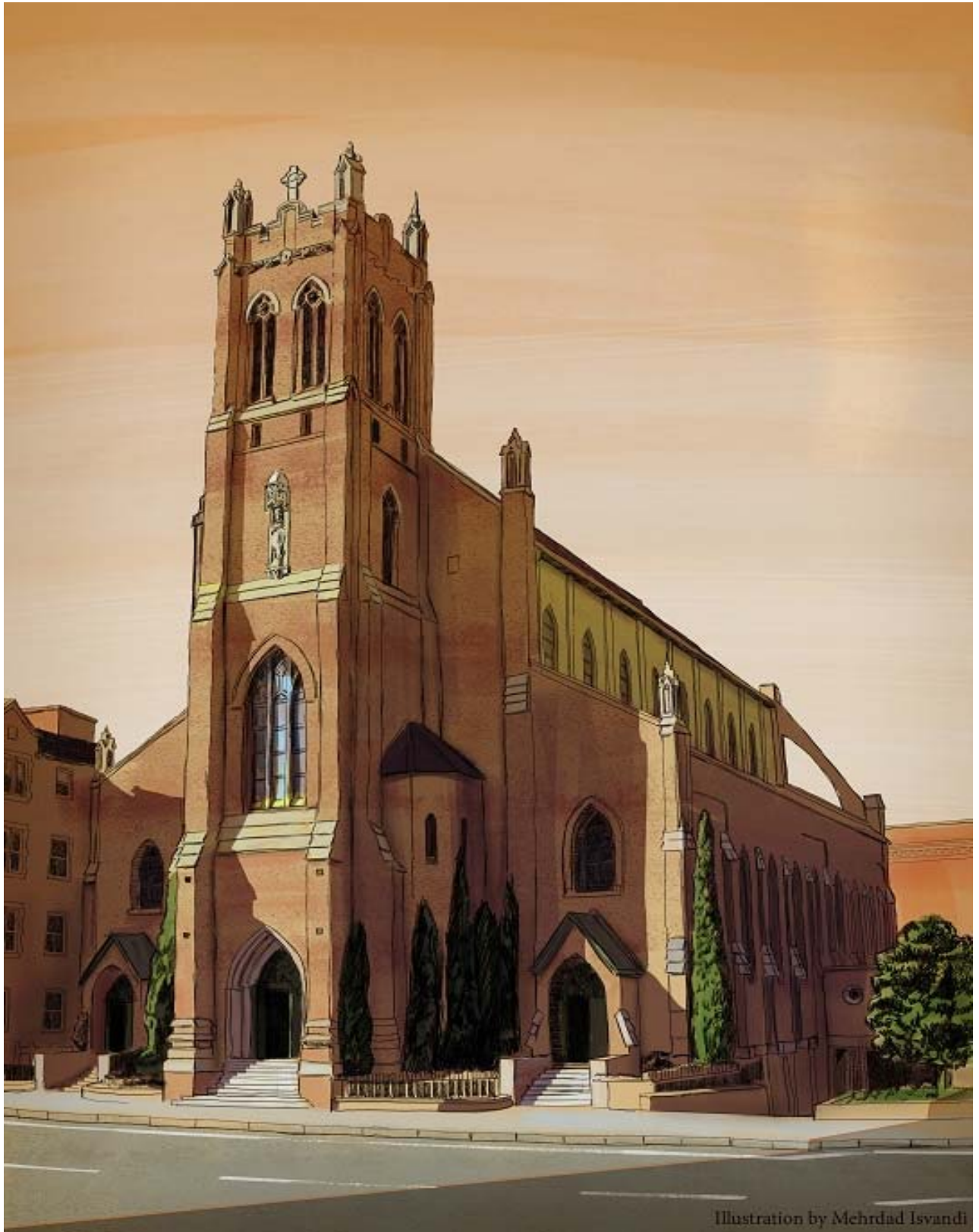


Illustration by Mehrdad Isvandi

### Pastoral Staff

Rev. Andrew Spyrow - *Pastor*  
Rev. Teodoro “Fr. Ted” P. Magpayo - *Parochial Vicar*  
Rev. Celestine Tyowua - *Parochial Vicar*  
Deacon Ferdinand Mariano - *OCIA Coordinator*

### Parish Staff

Charles Corpus - *Music Coordinator*  
Nora Regaspi - *Office Manager*  
Camelle Sudario - *Parish Receptionist*

### Mass Times

Monday - Friday: 7:30 a.m., 12:10 p.m., 5:15 p.m.  
Saturday: 7:30 a.m., 12:10 p.m. 5:15 p.m. Vigil Mass  
Sunday: 7:30 a.m., 9:30 a.m., 12:00 p.m., 5:15 p.m.  
Tagalog Mass: 1st Sunday at 2:00 p.m.  
Family Mass: 2nd Sunday at 12:00 p.m.  
Charismatic & Healing Mass: 3rd Sunday at 2:00 p.m.

### Parish Schedule

#### **Parish Office Hours**

Monday through Friday  
9:00 a.m. - 1:00 p.m. and 2:00 p.m. - 5:00 p.m.

#### **Sacrament of Reconciliation (in the church)**

Monday through Friday  
11:30 a.m. –12:00 p.m.

#### **Novena to Our Mother of Perpetual Help**

Every Tuesday after the 12:00 p.m. Mass

#### **Sacred Heart**

First Friday of the month at 4:00 p.m..

#### **Sto. Niño Devotion**

Every Friday after the 12:00 p.m. Mass

#### **Our Lady of Fatima**

First Saturday of the month at 11:30 a.m.

### **Happy Birthday!!**

Happy Birthday to our Parishioners  
celebrating a birthday this week.

Restituto Angeles	5/17	Khendle Manganaan	5/19
Jemerson Macalino	5/17	Eden Polar	5/22
Melvin Meddaros	5/17	Leonard Real	5/22
Christina Morales	5/17	Alison Thurber	5/22
Allen Fernandez	5/18	Anthony Almoros	5/23
Raymund Nava	5/18	Keenverly Samson	5/23
Abelardo Signio, Jr.	5/18	Xenia Villamejor	5/23
Kelsea Grace Carabbacan	5/19		

### **Damaged Blessed Items**

If you have any damaged blessed items, including statues and Bibles, as well as sacramentals, such as crucifixes and rosaries, please feel free to drop them off in our gift shop. We'll make sure they are disposed of properly and respectfully.

### **The Gift of Enlightenment**

The key to unlocking the scriptures is in Paul’s letter to the Ephesians as we pray, “May the eyes of your hearts be enlightened.” People see and hear things but simply have a hard time believing they are true. In our first reading from the very beginning of the Acts of the Apostles, Luke starts where his Gospel left off—the ascension of Jesus. For as long as Jesus spent preparing the disciples, they were still foggy about what was happening, and spent time staring at the sky wondering where he went. In today’s Gospel, the disciples still doubt Jesus to the very last minute. In the letter to the Ephesians, Paul speaks to the new Christian community, but could be preaching to each of us in the pews as he says, “I can explain it to you, but I can’t make you believe. This is where faith comes in.” May we all pray for the gift of enlightenment today!

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### **Our Fascinating Faith**

#### **World Communications Day**

In addition to the liturgical calendar, the Church designates various Sundays throughout the year as days to focus on particular subjects. Today is one such day.

World Communications Day was established by Pope Paul VI in 1967 as an annual celebration that encourages us to reflect on the opportunities and challenges that the modern means of social communication (the press, motion pictures, radio, television, and now, of course, the internet) afford the Church to communicate the gospel message.

The worldwide observance of this day came in the wake of the Second Vatican Council, when the Church realized it must engage fully with the modern world. This realization is expressed in the opening statement of the Pastoral Constitution *Gaudium et spes* (The Church in the Modern World), which says: “The joys and the hopes, the griefs and the anguishes of the people of our time, especially of those who are poor or afflicted in any way, are the joys and the hopes, the griefs and the anguishes of the followers of Christ as well.” In setting up this day, Pope Paul VI wanted to draw attention to the communications media and the enormous power they have for cultural transformation.

You can go online to discover the pope’s annual message for today: just search on “World Communications Day 2023.”

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### **AAA Update**

*(as of 07 May 2026)*

2026 AAA Goal	\$43,252
Received	\$13,634
Amount Remaining	\$29,618
% of Goal	32%

### **Catholic Prayer Corner**

#### **Prayer for the Church**

We pray you, O almighty and eternal God, who through Jesus Christ have revealed your glory to all nations, to preserve the works of your mercy, that your Church, being spread through the whole world, may continue with unchanging faith in the confession of your name. Amen.

## St. Patrick Church Lifetime Donors

You can still make a donation by going to our parish website: [www.stpatricksf.org](http://www.stpatricksf.org). On our homepage scroll down and click Online Giving. Create an account if you don't have one. Once you have created an account, please choose the Lifetime Donor option. We are asking a Lifetime Donor to donate a minimum of \$20 a week or \$80 a month. Your privacy and financial information are safe with us. And we recommend that you use your credit card for an easier and faster transaction.

Thank you for your generosity and support.

For more information,  
email us at [information@stpatricksf.org](mailto:information@stpatricksf.org)  
or call us at 415-421-3730

**We have 86 Lifetime Donors as of 28 January 2026**

In Memory of Nicomedes & Juanita Abello	Eleanor Lawsin
Cristina Agbayani	Felicitas Locsin
Marilou Alegre	Merly Lorete
Corazon M. Ambata	Fe Macatangay
Roberto Andrey	Beltran C Marces
Joy, Jen & Jackie Bandelaria	Corazon Mariano
Eufemia Barcelona	Loren Masangcay
Evelyn Bird	† Dionisio Mendaras, Si Cora Cuison
Dr. Beverly Lynn Bolinger	Evelyn Mendoza
Maria Bravo	Rachelle Morales
Mercedita Cadiz	Jeff & Nenetete Murata
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Felix Chang	Jun & Emy Pasion
Dan & Katya Coming	Joseph, Joshua, Jordan & Liam
In Memory Of William Cotter, Jr.	Estrellita Perez
Thelma Dancel	Naomi Quioco
Evangeline Viray De Leon	Lolita Ramos
† Rosalinda Del Rosario	Alma Raymundo
Brian Dela Pena	Hersie Rosales
Jiasmin Delago	Matthew Rothschild
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Josefa Gonzales	† Jo Tjin Thoy
Rodil, Ruby Gonzales & Children	Derek Tillotson
Alvin Gonzalez	Precious & Ryan Tizon
Therese Guintu	Victoriano & Carmen Uchi & Family
Norma Gumawid	Laura Vanmunching
Ina Howard	Boying & Rosie Vasquez
† Ponciano & Marlene Icatar	Alden, Mercy Ventigan & Kids
Georgina Jose	Vida Ventura
Kaiser Permanentesf, 4Center & Oncology	Josephine Villa
Agnes Kumi	Rianty Winarta
Judy Neri Labaria	Edwin, Rosalie, Krista, Ezra & Juliana
Tita Labaria	Cielito Littaua Yoma
Dan And Annie Lacap	† Charlie A. Yparraguirre

**An expanded color version of our printed bulletin, with online-only content, is available on our website: [www.stpatricksf.org](http://www.stpatricksf.org)**

## St. Patrick 175<sup>th</sup> Anniversary Gala

From humble beginnings on 4th St here in San Francisco way back in 1851, we will be celebrating our 175th anniversary as a parish on June 6, 2026.

*Dinner tickets for \$100 may still be available from the various parish organizations*

*Raffle tickets are still available from the parish office (\$25 for a booklet of three, sold as booklets only)*

Sponsorships are also available in our Gala program. Please contact the parish office for more details.

As part of our Gala celebration, on Sunday, May 31st, we will serve coffee and donuts after the 7:30 a.m. and 9:30 a.m. Masses which will coincide with our ministry fair. Come and see what's going on ministry-wise at St. Patrick. You just might find something that will inspire you to join. See some old friends, make some new friends, have some coffee and donuts, and maybe join a parish organization. What could be better than that!!

## The God Squad Catholic TV Mass

The God Squad Catholic TV Mass, aired every Sunday, provides inclusion for those who are homebound, hospitalized, incarcerated and/or unable to attend Sunday Mass. Monsignor Harry Schlitt began broadcasting the TV Mass in the late 1970s and it has been airing ever since. Please watch the TV Mass on Sunday mornings on the following stations:

*In San Francisco*

*KTSF (CH 26) at 6:00 a.m.; KRON (CH 4) at 5:30 a.m.;*

*and in Sacramento*

*KTXL (Fox 40) at 5:30 a.m.*

You may also view the Mass at any time by going to [FatherHarry.org](http://FatherHarry.org). You may also find the program beneficial to you, someone in your family, or a friend.

We need your participation and support to continue this valuable ministry.

## Don't Be Late

A parish priest was being honored at a dinner on the twenty-fifth anniversary of his arrival in that parish. A leading local politician, who was a member of the congregation, was chosen to make the presentation and give a little speech at the dinner, but he was delayed in traffic, so the priest decided to say his own few words while they waited.

"You will understand," he said, "the seal of the confessional, can never be broken. However, I got my first impressions of the parish from the very first confession I heard here. I can only hint vaguely about this, but when I came here twenty-five years ago I thought I had been assigned to a terrible place. The very first chap who entered my confessional told me how he had stolen a television set, and when stopped by the police, had almost murdered the officer. Further, he told me he had stolen money from his parents, embezzled money from his place of business, had an affair with his boss's wife and taken illegal drugs. I was appalled, but as the days went on I came to realize that my people were not all like that and I had, indeed, come to a fine parish full of understanding and loving people."

Just as the priest finished his talk, the politician arrived full of apologies at being late. He immediately began to make the presentation and give his talk...

"I'll never forget the first day our parish priest arrived in this parish," said the politician. "In fact, I had the honor of being the first one to go to him in confession."

*Moral: DON'T EVER BE LATE.*

## Mass Intentions for May 17 - 23

Date	Time	Intention
<b>Sunday 17</b>	7:30 a.m.	SI Mario, Nelly & Tracy Sarmiento
	9:30 a.m.	† Ponciano Mauricio
	12:00 p.m.	SI All Parishioners of St. Patrick
	2:00 p.m.	BD John Gabriel
	5:15 p.m.	SI Veronica Tayo
<b>Monday 18</b>	7:30 a.m.	† Leonarda Sudario
	12:10 p.m.	BD Bredendict Dedios
	5:15 p.m.	SI Derek Tillotson
<b>Tuesday 19</b>	7:30 a.m.	BD Margaret Chafe
	12:10 p.m.	† Thannh Ho & Qui Phana
	5:15 p.m.	SI Victoriano & Carmen Uchi & Family
<b>Wednesday 20</b>	7:30 a.m.	BD Andreea Aceron
	12:10 p.m.	† Isidro Corcuera
	5:15 p.m.	SI Laura Vanmushing
<b>Thursday 21</b>	7:30 a.m.	SI Mercy Ventigan
	12:10 p.m.	SI Vida Ventura
	5:15 p.m.	SI Josephine Villa
<b>Friday 22</b>	7:30 a.m.	† Marilyn & Lorenzo Sumulong
	12:10 p.m.	SI Rianty Winarta
	5:15 p.m.	SI Edwin & Rosalie Yap
<b>Saturday 23</b>	7:30 a.m.	SI Cielito Yoma
	12:10 p.m.	SI Rachele Morales
	5:15 p.m.	SI Evelyn Mendoza

## Upcoming Events in the Archdiocese of San Francisco

**May 19 (5:00 pm PT) / May 21 (8:00 pm PT)** An evening for the separated or divorced webinar with Carolyn Klika, co-sponsored by the Archdiocese of SF. Struggling with the pain of marital strife, separation or divorce? This Evening is for you. Whether you feel disconnected from the Church or are deeply engaged—you are welcome here. You belong. More information and registration here. Sessions will be offered twice, once (5/19) on East Coast time, once (5/21) for West Coast.

**June 29 – July 5** CANA Week is a wonderful 6-day retreat for couples at St. Anthony Retreat near Sequoia National Park in California. Kids are welcome! Take time away to strengthen your marriage and deepen your spiritual life, while your kids have a great time with new friends in their own parallel program. The week includes teachings, prayer, daily mass, and time together as a couple and as a family. There is plenty of fun, relaxation, and celebration, all in an ecumenical context. Register here, or email questions to [info@canausa.org](mailto:info@canausa.org)

## Special Collection

Next week our parish will take up the Collection for the Catholic Communication Campaign (CCC). This Collection communicates the Good News through Catholic social media activities and enriches our faith through podcasts, television, radio, and print media. Half of all proceeds remain in our archdiocese, so please be generous in this Collection. CCC is how the Good News gets around *to you*.

## The Ascension of the Lord May 17, 2026

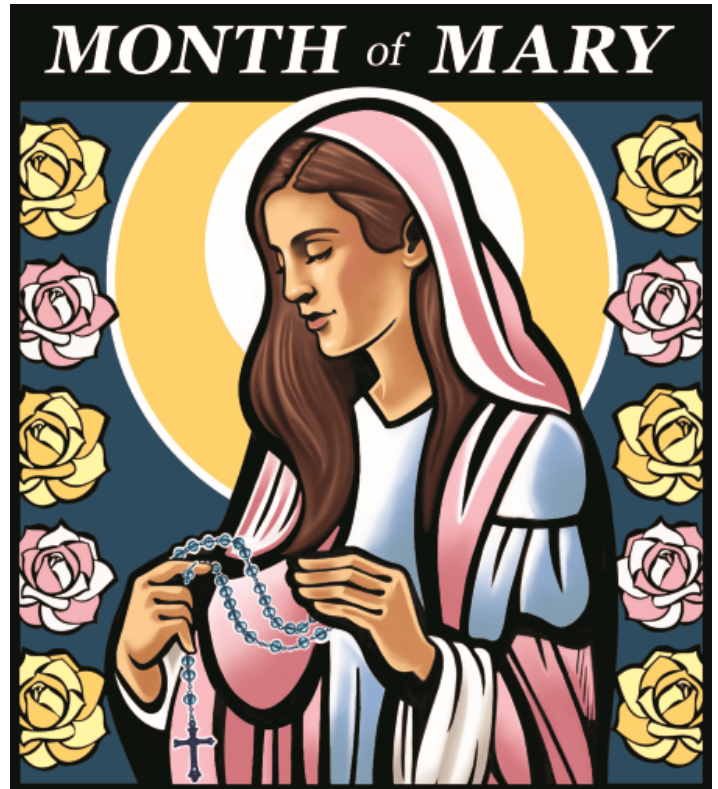
He was lifted up,  
and a cloud took him from their sight.

~ Acts 1:9

## Living Stewardship Now

Pray for missionaries, especially those in areas of political instability, terrorist activity, and natural disaster. Write to a missionary. Contribute to a mission organization.

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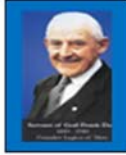
**LEGION OF MARY - ST. PATRICK CHURCH**

JOIN THE LEGION OF MARY, OUR LADY OF MT. CARMEL PRAESIDIUM



Meeting - Sunday at 1:30 p.m. in Bitanga Hall

The Legion Family Worldwide  
On all continents  
In over 170 countries  
4 million active members  
5 million auxiliary members



The Founder Frank Duff  
1889 - 1980

**Legion of Mary's History**

The Legion of Mary was founded in Dublin, Ireland on the 7<sup>th</sup> of September in 1921.

It is a lay Catholic organization giving service to the Church on a voluntary basis in almost every country.

**Legion of Mary's Aim**

The object of the Legion of Mary is the glory of God through the holiness of its members developed by prayer and active co-operation in Mary's and the Church's works.

**Legion of Mary's Unit**

The unit of a Legion of Mary is called a praesidium, which holds a weekly meeting where prayer is intermingled with reports and discussions. Persons who wish to join the Legion must apply for membership in a praesidium.

**Legion of Mary's Active Works**

The Legion sees as its priority the spiritual and social welfare of everyone. The members participate in the life of the parish through visitation of families, the sick, both in homes and hospitals and through collaboration in every apostolate and missionary undertakings sponsored by the parish. The works are more of spiritual works of mercy.

**Legion of Mary's Active Membership**

This membership is open to all faithfully practicing Catholics. Members attend weekly meetings and engage in prayers and active works. Candidates under 18 years of age can be received in a Junior Praesidium.

***I'm So Busy...***

***How Can I Find More Time to Pray?***

A healthy friendship with God requires the time and attention of prayer. Yet the hectic pace of life can make it hard to find time to pray. Consider these ways to find more time for heartfelt prayer:

**Pray the Wait** ~ A decade of the rosary can be a great way to pass the time spent waiting in line at the grocery store, at a traffic light, or in the doctor's office.

**Pray the Bible** ~ Copy a different passage from the Bible each week and put it in your pocket, on your refrigerator, or your bathroom mirror where you will see it. Memorize it and think about its meaning.

**Pray the sounds** ~ Listen to recorded prayers or inspirational music while exercising, commuting, or doing chores. That helps turn whatever you're doing into a prayer.

**Pray the Moment** ~ Pick a simple phrase to repeat throughout the day. Try the Jesus Prayer, "Jesus, Son of God, have mercy on me, a sinner." See how many times you can say it each day!!

***Big Mouths***

What should not be heard by little ears should not be said by big mouths.

~ Anonymous



**Letters from Heaven**



Start with the letter in the shaded square. Draw a path from letter to letter to complete the Biblical statement. Move one square at a time, up, down, right, left and diagonally until all letters are used once. Ignore any black squares.

Jesus said, "Father, the hour has come. Give glory to your son, so that your ..."

N	M	O	U
S	O	A	Y
L	Y	R	Y
G	O	I	F

S \_ \_ \_ \_ \_ ."

Answer: *not glorify from now*

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Excerpt from the NAB © 2010, 1991, 1970, CCD

**saint snippets** May 21

*I am convinced that it is still best that I speak the truth, even if it costs me my life.*

**Bl. Franz Jägerstätter**  
Austrian husband, father, and conscientious objector to the Nazis during World War II. He was sentenced to death and martyred at the age of 36.

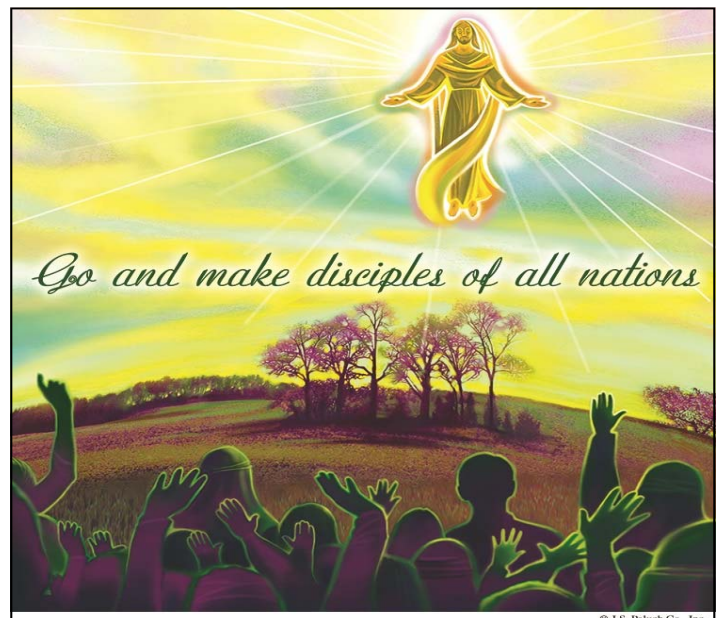
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**saint snippets** May 21

*I am full of confidence in the power of God.*

**St. Eugene de Mazenod**  
19th-century Bishop of Marseille who dedicated his life to spreading the Gospel

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# CATHOLIC CORNER

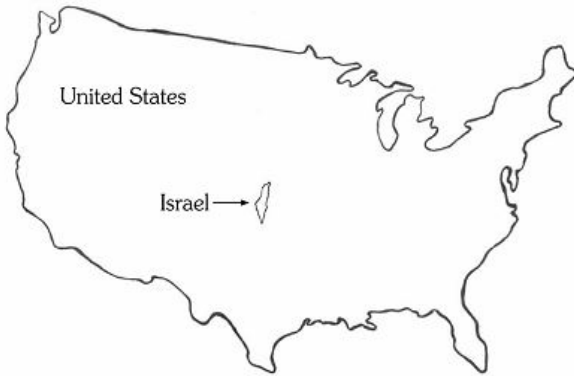
## TO THE ENDS OF THE EARTH

All the apostles were gathered around Jesus as he ascended into heaven. They watched as he was lifted up and they continued staring at the sky after he disappeared from sight. Two men dressed in white suddenly stood beside them and asked, "Men of Galilee, why are you standing there looking at the sky?" (Acts 1:11). What should the apostles have been doing instead of standing around?

The word "apostle" comes from the Greek *apostolos*, which means "messenger" or "person sent forth." Jesus sent the apostles to be his witnesses to the ends of the earth (Acts 1:8). Today followers of Jesus can be found in almost every place around the world.

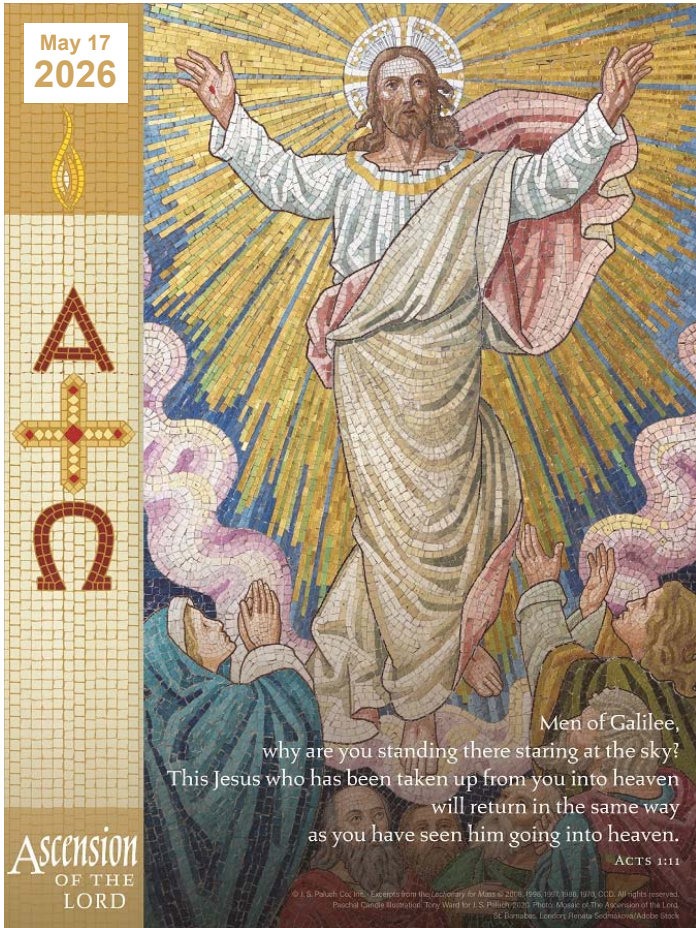
The apostles were ordinary people when Jesus called them to follow him. They were fishermen, a tax collector, and other workers. They answered the call of Jesus to spread his Good News of God's love. The apostles began a very important work, and we continue that work because we are also Jesus' apostles. Think of the people you know who are sharing the story of Jesus with others.

Jesus began teaching about the kingdom of God in Israel. You can see how small Israel is compared to the United States. Now people share his teachings around the world. Color the land of Israel and the United States. Remember the good job the apostles did spreading the message of Jesus. Think about how you can do that this week.



## The Little Ones

Jim Burrows



## *The Ascension of the Lord*

Today we celebrate the ascension of Jesus into heaven, his departure after the Crucifixion, the Resurrection, and all the appearances to the disciples. Acts and Ephesians look back at the time just before Jesus leaves and then at its immediate aftermath, still trying to understand what has happened and what is expected of those who were left behind. The readings remind us that the disciples are still not certain what all this means to them. But one thing is certain: Jesus is gone and they are struggling with what to do next. Matthew tells us that even as they believed in Jesus, they doubted. Jesus responds to their doubt with a call to work. He tells them to “make disciples of all nations.”

### *Up, Up and Away*

The reading from Acts gives us a pretty complete description of the Ascension. Jesus was lifted up and taken from their sight but not before the disciples ask lots of questions about what will happen. The disciples are still thinking that the kingdom of Israel will be restored. Jesus answers them with a promise of power from the Holy Spirit and a commission that they be witnesses not just to Israel but to the ends of the earth. But the disciples are still thinking small. Jesus knows that the meaning of his death and resurrection is not small. Ephesians offers a glimpse of the great gifts of Jesus’ life, death, and resurrection. The disciples cannot even imagine what this means for them as they stand staring into the sky. Jesus tells them one more time that their work is to tell everyone about his life and work, to baptize them, and to teach them his commandments.

### *Never Can Say Good-Bye*

The disciples still thought this was just about their life and their world. They are reminded by Jesus that what they have lived through with him, his life, death, and resurrection, is greater and more far-reaching than they can yet imagine. This is not just about the kingdom of Israel. This is about all nations. This is not just about witnessing in Jerusalem, Judea, and Samaria. This work will take them to the ends of the earth. It is an enormous undertaking that we and the disciples have been given. It seemed impossible to the disciples then and it seems impossible to us now. But it is not. It is possible because we are not alone in this work. Jesus is with us not for a day or a week or even our lifetime. Jesus is with us always, until the end of the age.

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## *Look, Up in the Sky!*



Around holidays, people tend to look fondly back on past celebrations and romanticize old relationships. For some, remembering the past is the best part of their holiday. That is the image we get from the first reading as the apostles look up to heaven after the Ascension. They think it is Jesus’ last Resurrection appearance and that they will never see him again. Maybe they were still amazed at

seeing him ascend that way. Or maybe they were remembering all the things he said and did with them.

We too sometimes look at the great feasts of Christmas and Easter in that way. We may dwell on the beauty of the decorations, on the innocence of the baby Jesus, on the horror of his passion and death, or on the wonder of his resurrection. Then when the holy day is over, we go back to our normal routine. Perhaps we need an angel to chide us for “looking at the sky.”

The angels were trying to tell the apostles two things. One was that Jesus would return as he left—in glory. This was not a time to say goodbye but a time of hope; the Lord who had changed their lives so radically would change the world next. While they certainly should remember Jesus and all he taught them, they should also expect to see him again. Once they received the Holy Spirit, they would see how Jesus was present in the church, the mystical Body of Christ.

The second thing the angels were telling them was to begin following Jesus’ command to spread the good news to all nations. They would soon realize that Jesus was alive in them, not just as a fond memory, but with the power of his Spirit. With this power they would do mighty deeds in Jesus’ name and be his witnesses to the world.

Because of what the apostles accomplished, we are now Jesus’ witnesses to the world. We celebrate his death and resurrection not as a fond memory, but to encourage each other to spread the Good News. We too have the hope of seeing Jesus come in glory, even as we see him now with the eyes of faith.

~ Tom Schmidt, Copyright © J. S. Paluch Co.

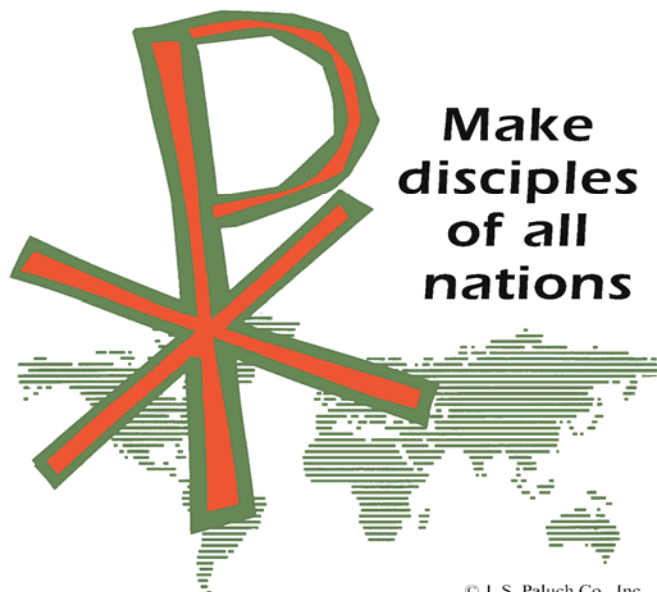
## *St. Rita of Cascia*

(1515-1595)

May 22

In a shop near the Vatican, a group of Americans laughed as the shopkeeper showed off his fluent English and latest souvenir, a key ring whose papal portrait, when pressed, activated a recorded blessing. Through the shop window, two clerics scowled disapproval. The shopkeeper grunted, “They’re a very somber order who’ve left the Church. I recognize them.” “By their long robes?” an American asked. “Many in Rome wear robes,” replied the shopkeeper. “It’s their long faces!” When Philip Neri arrived in sixteenth-century Rome, there was reason to be somber. Swiss Guards had been massacred on Saint Peter’s steps defending the pope. Parts of Europe were abandoning the Church. But Philip resolved to be an “apostle of joy,” drawing especially the young to Christ—and frequent confession and Communion—by his sincere interest in their problems, prayerful example, and gentle humor. His “Oratory,” a movement as well as a place, provided recreation and devotion in a joyful atmosphere of companionship, service, and liturgy. Philip Neri challenges each of us to begin improving Church and world by changing ourselves with unending joy.

~ Peter Scagnelli, Copyright © J. S. Paluch Co.



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## “Pushed” Out on Mission

There is a delightful character in the original *Dr. Dolittle Tales* called the “Pushmi-Pullyu.” It is a beast with two identical halves, with a head at each end. No matter which direction the beast walks, one end is the “push me” and the other is the “pull you.” Today’s feast is a bit like that in the life of the church. In the book of the Acts of the Apostles, it is the ascension of Christ that calls for the Holy Spirit, which consequently sends or “pushes” the church out on its mission. This is the message that we hear from the angels today as they tell the friends of Jesus not to look up into the clouds, but to get busy. It is the message of Jesus himself in Matthew’s Gospel, as he sends them out to baptize. He also tells them, “I am with you always, until the end of the age” (Matthew 28:20). And it is this message, confident in faith that Jesus has ascended to shouts of joy, that “pulls” us along to our final destiny. The life of the faithful disciple, sent into the world on mission, will one day know the same risen, ascended glory.

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## Treasures From Our Tradition

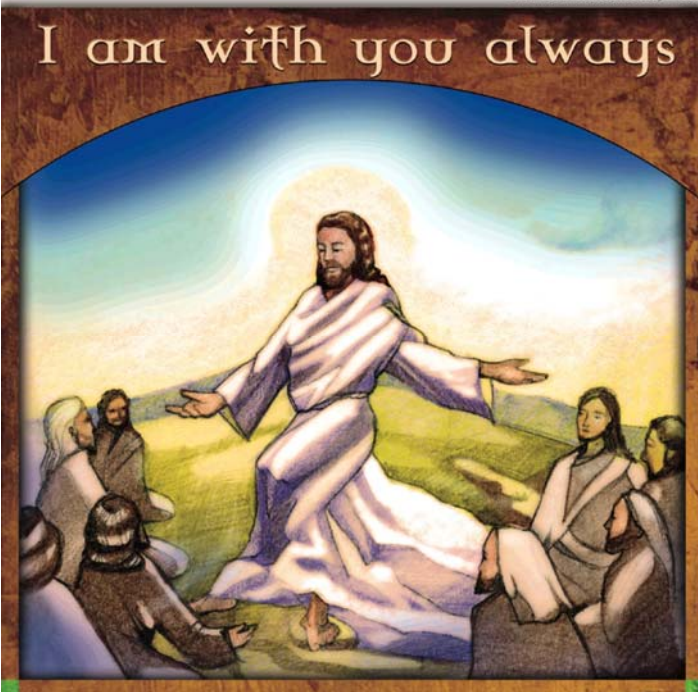
There was a curious custom years ago that perhaps developed in an age when Easter was seen less as a baptismal season than as a kind of tour through the deeds of the Risen Christ. The paschal candle, sign of Christ’s presence, was removed from public view on Ascension Thursday, banished to the baptistery.

Ascension day does speak of the hidden aspects of Christ’s life among us, but it does not have much to do with God’s absence. Christ has not shed his human life like an inconvenient shell, but rather has taken humanity into heaven. The theologian Karl Rahner said that it is a festival of “the nearness of God.” In vanishing from our sight, Christ has become utterly available to all at every time and every place, and is “closer to us than he ever was.”

Today is the feast of believing that beyond our final breath is a presence that waits for us, a banquet prepared, a tender homecoming embrace. Rahner said that today is a festival of the future of the world, a day for anticipating the world’s true destiny, and therefore hardly a day to be going around hiding candles!

~ Rev. James Field, Copyright © J. S. Paluch Co.

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## Words of Wisdom

Someone has written these beautiful words. One must read and try to understand the deep meanings in them. They are like the Ten Commandments to follow in life all the time.

1] Prayer is not a "spare wheel" that you pull out when in trouble; it is a "steering wheel" that directs us in the right path throughout life.

2] Do you know why a car's WINDSHIELD is so large & the rear view mirror is so small? Because our PAST is not as important as our FUTURE. So, look ahead and move on.

3] Friendship is like a BOOK. It takes few seconds to burn, but it takes years to write

4] All things in life are temporary. If going well enjoy it, they will not last forever. If going wrong don't worry, they can't last long either.

5] Old friends are like Gold! New friends are Diamonds! If you get a Diamond, don't forget the Gold! Because to hold a Diamond, you always need a base of Gold!

6] Often when we lose hope and think this is the end, GOD smiles from above and says, "Relax, sweetheart, it's just a bend, not the end!

7] When GOD solves your problems, you have faith in HIS abilities; when GOD doesn't solve your problems HE has faith in your abilities.

8] A blind person asked St. Anthony: "Can there be anything worse than losing eye sight?" He replied: "Yes, losing your vision."

9] When you pray for others, God listens to you and blesses them; and sometimes, when you are safe and happy, remember that someone has prayed for you.

10] WORRYING does not take away tomorrow's TROUBLES; it takes away today's PEACE.

## Go and Make Disciples

In 1991, Marxist guerrillas in the mountain village of Huasahuasi, Peru, executed Irene McCormack, Josephite sister and missionary. Her “crime” was feeding the poor with food donated by overseas aid organizations. The violent activities of these terrorists were a daily reality but, despite warnings, Irene chose to stay in the village with its impoverished people. After thirty years of teaching in Australian schools, Sister Irene found her purpose in life teaching the children of Huasahuasi to read and write. One evening armed guerrillas arrested her and took her to the village plaza, where five villagers were already face-down on the ground. The captors conducted a mock trial. Sister Irene was denounced as a “Yankee imperialist”—even though villagers protested that she was Australian—pronounced guilty, then shot in the back of the head by a girl soldier. The example of Sister Irene and the villagers who died with her has been remarkable, resulting in an annual human rights activities week, community clean-ups, and at least one new Peruvian vocation to the Josephites. Sister Irene also left something just as important—a description of the spirit that called her to go to Peru. Back in Australia in 1987, she explained to family and friends the revelation she received at the age of forty. The call to be a missionary came to her through reflection and prayer. She described it as an overwhelming experience of the unconditional love of God and not simply an intellectual conviction. She recognized God beckoning her through an inner voice. If she were to be true to herself as a woman, a Christian, a Josephite, and a world citizen, she felt she had to respond to the Spirit within. If she did not yield, she believed that she risked spiritual death.

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## Share the Hope

The readings for today's celebration of the Ascension of the Lord once again remind us that as Christians we are people of hope. In the second reading Saint Paul eloquently exhorts the Ephesians to enlighten their hearts so that they will know the hope and glory that come from being people who place their trust in the Lord Jesus. In the story of the Ascension, recounted in the first reading, the Lord Jesus assures the disciples that the Holy Spirit's power will come upon them. Finally, in the Gospel, the Lord lets the disciples know that their mission is to spread the hope of the gospel to all the nations. This wonderful feast keeps our eyes focused on the hope in which we were grounded on the day of our baptism.

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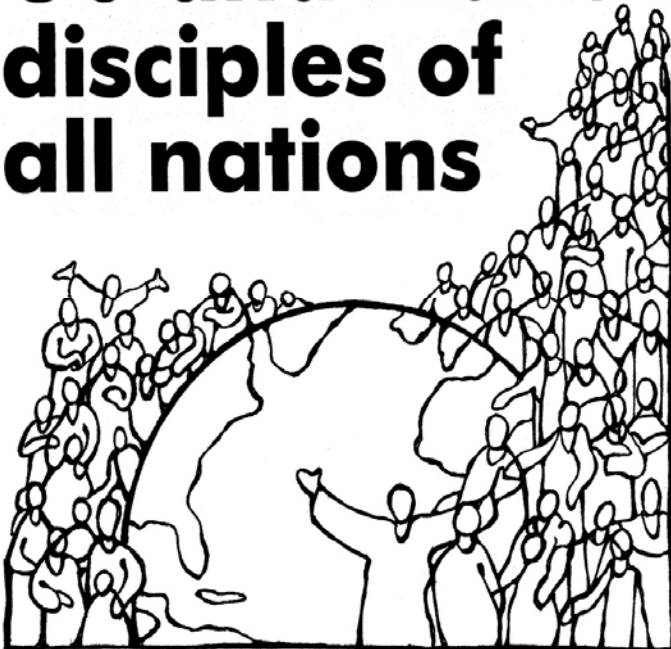
## Treasures From Our Tradition

If you could somehow transport a third-century Christian into your twenty-first-century Sunday Mass, once the initial shock wore off he or she would be more or less at home with the structure of the first part of the liturgy, the Word. The second part might be more difficult to comprehend. The stumbling block would be the book. We have a book, a missal that is set down on the altar with a very precisely prescribed set of words for the priest to say and the people to sing at the Eucharistic Prayer. In the early days of the church, there were no set "formulas" for this prayer. The ancients would have raised eyebrows at our "bookishness" since they preferred to let the prayers roll forth from a gifted leader of prayer. There was a basic shape to the prayer of thanksgiving, and almost general agreement that the words of Christ at the Last Supper ought to be included.

By the second century, Justin Martyr wrote that the presider "gives thanks at some length . . . and when he has finished the prayers and the thanksgiving, all the people present give their assent by saying 'Amen.'" In the world before books, people could memorize long passages of prose and poetry, and so it is easy to see how particular phrases or expressions passed from church to church.

~ Rev. James Field, Copyright © J. S. Paluch Co.

# Go and make disciples of all nations



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## Litany of Humility

O Jesus! meek and humble of heart, **Hear me.**

From the desire of being esteemed,

**Deliver me, Jesus.**

From the desire of being loved...

From the desire of being extolled ...

From the desire of being honored ...

From the desire of being praised ...

From the desire of being preferred to others...

From the desire of being consulted ...

From the desire of being approved ...

From the fear of being humiliated ...

From the fear of being despised...

From the fear of suffering rebukes ...

From the fear of being calumniated ...

From the fear of being forgotten ...

From the fear of being ridiculed ...

From the fear of being wronged ...

From the fear of being suspected ...

That others may be loved more than I,

**Jesus, grant me the grace to desire it.**

That others may be esteemed more than I ...

That, in the opinion of the world,

others may increase and I may decrease ...

That others may be chosen and I set aside ...

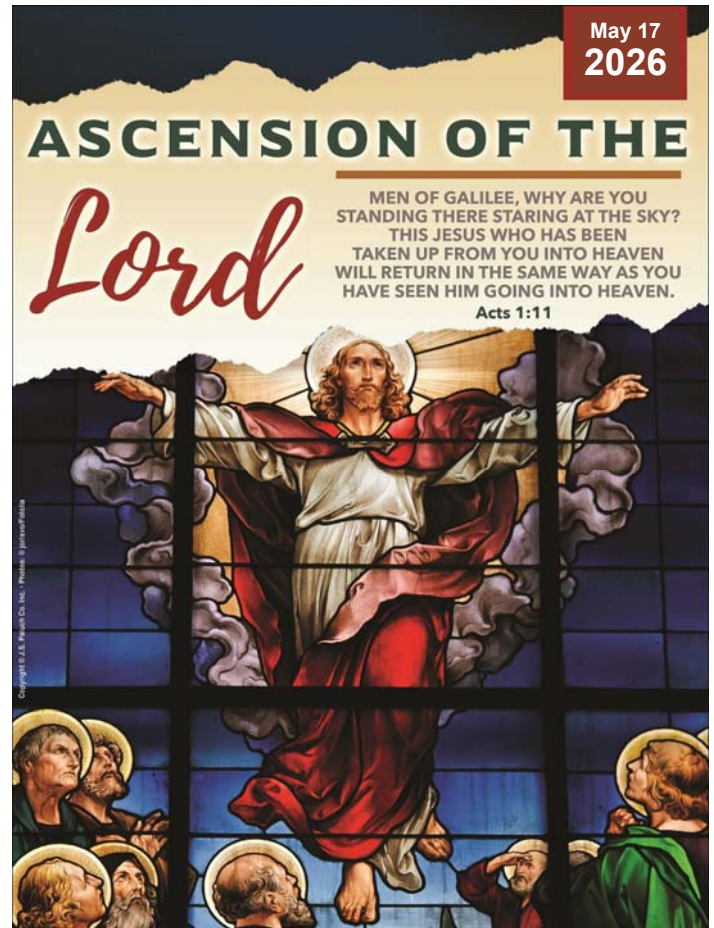
That others may be praised and I unnoticed ...

That others may be preferred to me in everything...

That others may become holier than I,

provided that I may become as holy as I should...

*Rafael Cardinal Merry del Val (1865-1930),  
Secretary of State for Pope Saint Pius X*



## ***A Mission From the Mountain***

Matthew is the only one of the evangelists who does not speak explicitly of or recount the departure of Jesus from his followers. Mark and Luke recount the Ascension, each in his own way; and John consistently has Jesus speak of the necessity of his departure so the Paraclete might come. Matthew situates his final scene for Jesus on top of a mountain in Galilee (not outside Jerusalem, as Luke does). This is the region where his mission originated, and throughout his Gospel the mountaintop has been the place for him to teach his followers. (We are familiar with the “Sermon on the Mount” from Matthew.) And here Jesus re-echoes those Ascension themes we hear from the other evangelists: It is Jesus himself, risen and glorified, charged with power from the Father, who sends us out; it is Jesus himself who gives us our mission to baptize, heal, teach, and proclaim the Good News of salvation; it is Jesus himself who will be with us always, as we continue to be his presence alive in the world.

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### ***Reflecting on God’s Word***

We can get caught up in the details and miss the heart of the message today. Where did Jesus go? Is heaven “up there”? Why doesn’t Matthew’s Gospel have Jesus being taken up? Doesn’t this feast remove Jesus from us, to some place where he “sits at the right hand of the Father”? Sound a little disengaged?

In his introduction to the writings of St. Bernard of Clairvaux, Jean Leclercq writes that the mystery of the Ascension fulfilled the mystery of love in which Jesus returns to the glory of the Father. The Son then sends the Spirit to unite us with the Father in love. Thus, in Bernard’s thought, the Ascension is a symbol for the passage of Christ from his life in mortal flesh to glorious life in the Spirit. This same transition from flesh to Spirit can also be accomplished in us, since it has already taken place in Christ.

But we are not simply passive recipients. There is work to be done. Luke’s angels bluntly tell the apostles to get moving. Matthew’s final scene spells out the work: “Go forth and make disciples, baptizing them in the name of the Father, Son, and Holy Spirit, and teaching others to observe all that I have commanded you” (Matthew 28:19). Witness to Jesus, in word and deed.

The task of spreading the good news that is Jesus Christ, teaching others about him, can seem daunting. But we are not alone. We have the promise that the Holy Spirit will work with us; in Matthew, Jesus’ final words are reassuring: “I am with you always” (28:20). That is reason enough to work with confidence.

~ James A. Wallace, C.Ss.R.

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### ***Living God’s Word***

We pray: Loving Father, give us your Spirit of wisdom and revelation to enlighten the eyes of our hearts, so we may have the hope that accompanies your call and come to the glory that is our inheritance. May your great power be at work in us, raising us to new life as it did your Son Jesus. Amen.

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### ***Mercy and Justice***

Being all fashioned of the self-same dust,  
Let us be merciful as well as just.

~ Henry Wadsworth Longfellow

### ***Relevant Radio***

Tune your radio to 1260 AM or 101.7 FM for 24-hour broadcasts concerning Catholic teachings and prayers.

## ***Devoted to Prayer***

Today, as we await Pentecost, we come to the end of the baptismal homily from Peter that we have heard over the past few weeks. This homily was written by a realist who knew the joy and the glory of a resurrection faith, but also knew that the strength of that faith would be put to the test and tried in suffering. Earlier this year we heard Jesus preach, “Blessed are you when they insult you . . . because of me” (Matthew 5:11) and this is echoed today by Peter. These words are also formed in the image of Christ who prays to the Father in heaven today, a prayer that is placed in John’s Gospel right before Jesus endures his suffering and death. Our awaiting the Spirit, awaiting our mission for Christ means that we are, most likely, awaiting some sort of trial and suffering. We don’t endure the same degree of persecution that Peter and John knew, but each of us has our faith put to the test eventually. And it is for this reason that we, like Jesus and like those faithful followers gathered in the upper room, devote ourselves to prayer.

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### ***Feast of Faith***

#### ***Preparation of the Gifts***

The altar is prepared, the gifts are received. Several brief rites follow with accompanying prayers, some prayed silently by the priest and deacon and others said aloud. We call this part of the Mass the “preparation.” What kind of preparation is happening? First, the presider holds up the paten or bowl containing the hosts, and says words that Jesus must have said many times, since they derive from ancient Jewish meal prayers: “Blessed are you, Lord God of all creation!” We have brought forward our gifts, our offering to God, and now we acknowledge that they are not really ours—the gifts that we give are God’s gift to us. It is “through your goodness” that we have gifts to offer. It is significant that we offer not wheat and grapes, but bread and wine; “fruit of the earth and work of human hands.” Bread and wine are both God’s work, and ours. These preparatory rites also prepare us for what we are about to do in the Eucharist, a mystery in which divine and human meet; a holy collaboration in which our action is caught up into God’s divine plan.

Corinna Laughlin, © Copyright, J. S. Paluch Co.

### ***Heaven***

The world is only peopled to people heaven.

~ St. Francis de Sales



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## Share the Hope

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## Treasures From Our Tradition

The fact that many monastic churches do not have a prominent tabernacle shapes the patterns of liturgical prayer. Monastic communities often protect the ancient value of "receiving from the same sacrifice," meaning that the communicants are assured that what they eat and drink in the Holy Mysteries actually comes from the same celebration. It surprises many to learn that the Church does not foresee, nor does it provide for, Communion of the faithful from the reserved Sacrament. Liturgical laws have long defended your right to receive from the same sacrifice, the same Mass, that you attend.

At one time, of course, the bread for the Eucharist was the ordinary bread of the day, except unleavened, probably prepared at home. It was broken and distributed to the faithful. Early on the loaf itself was referred to as the *hostia* in Latin, meaning the "sacrifice," the same word for the sacrificial animal in Jewish worship, and for Jesus as the Lamb of God. By giving his life on the cross, Jesus became the *hostia* for us. To this day in the Greek Church, one of the tasks of the priest's wife is to bake the bread for the Divine Liturgy, sometimes in a bakery oven dedicated to that purpose and called a "Bethlehem."

Today's familiar individual hosts first appeared in the eleventh century at about the time when tabernacles were coming into use. The turn away from "bread" bread allowed the hosts to be reserved since they did not spoil like regular bread, and made the annual "Easter duty" counts easier.

—Rev. James Field, © Copyright, J. S. Paluch Co.



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## Staring Into the Sky

We have choices to make in this Christian life. One choice is to be frozen, like the disciples just as Jesus ascends into heaven. They stand there and stare up into the sky, probably waiting for Jesus to return to them immediately. Too often we, too, take this stance. We stare into the sky, waiting to discover the presence of the Lord. Unfortunately, this choice will yield few results, if any. It is the Lord himself who summons us to opt for a second choice. That choice involves us turning our gaze from the sky to the world around us. He says, "Go, therefore, and make disciples of all nations . . . And behold, I am with you always, until the end of the age" (Matthew 28:19, 20).

## Grace Builds on Nature

A seminary theology professor of mine was always reminding us of this second choice with the words, "Gentlemen, remember that grace builds on nature." It is through the world around us—through those God has planted into our experience—that God will be revealed. People who are involved in the Church's work of Christian initiation learn this through their ministry. As they listen to the stories of people who are experiencing deep conversion, they begin to meet the Lord in new ways. It is as if the Lord Jesus is being born again right before their very eyes. Perhaps in the past you have heard today's Gospel mandate and cast it aside saying, "Oh, Jesus really meant those words for priests, and I'm certainly not a priest." Perhaps today's feast is the opportunity to realize that these words are meant for each one of us. If grace does build on nature, let's open our eyes to possibilities of discovering Christ all around us, rather than staring blankly into the sky.

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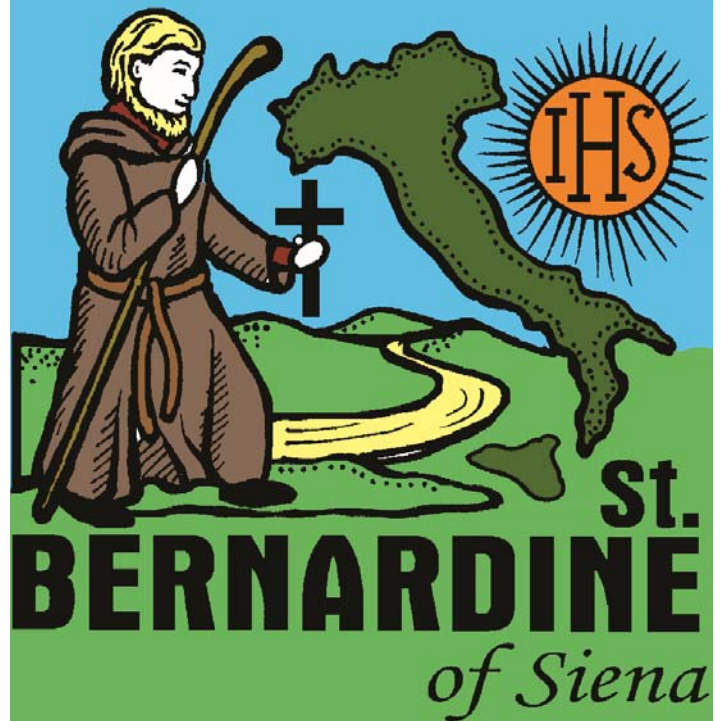


The Ascension of the Lord  
May 17, 2026

He was lifted up,  
and a cloud took him from their sight.

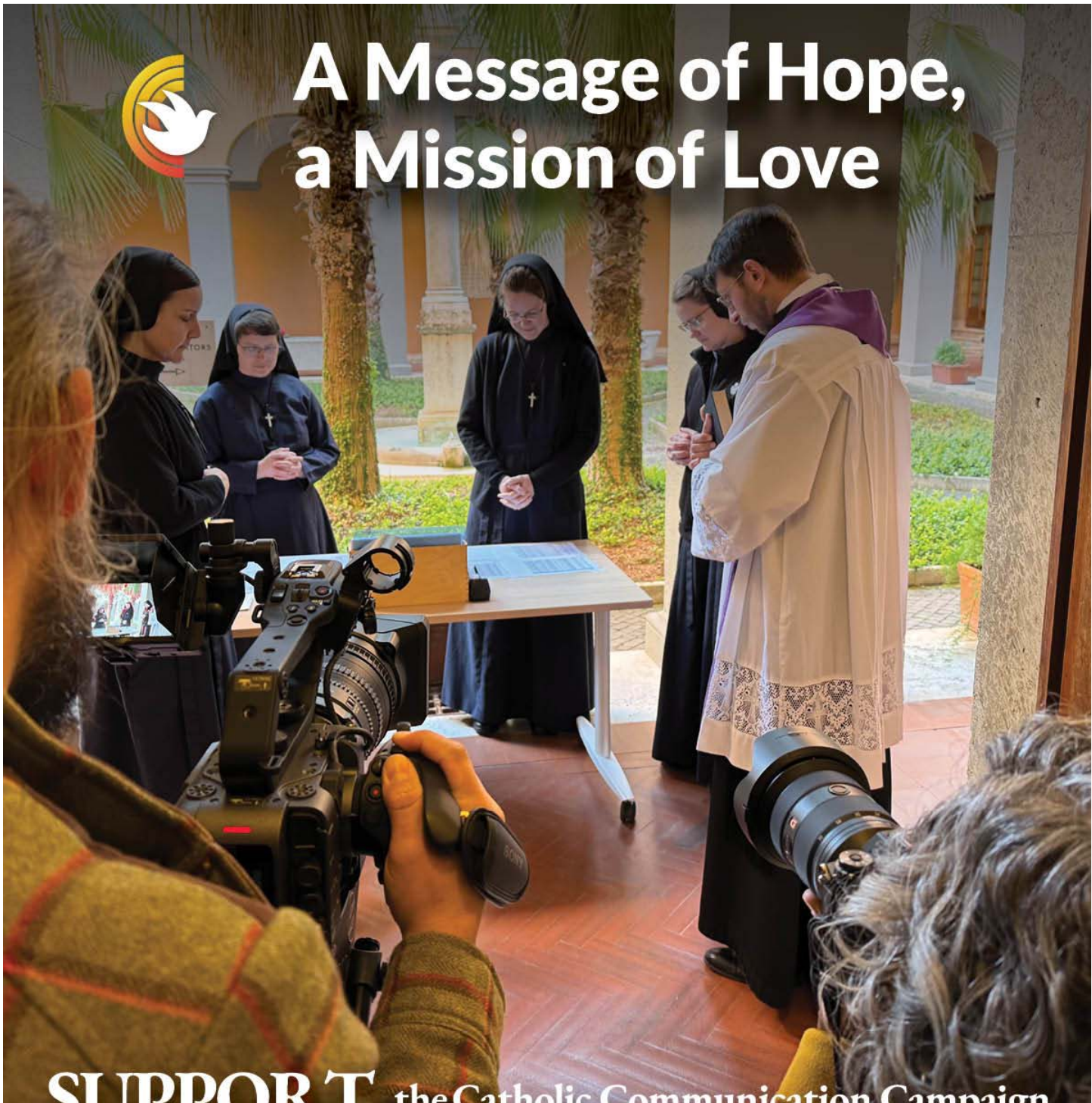
— Acts 1:9

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# A Message of Hope, a Mission of Love



**SUPPORT** the Catholic Communication Campaign



United States  
Conference of  
Catholic Bishops

[WWW.USCCB.ORG/CCC](http://WWW.USCCB.ORG/CCC)

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Catholic  
Communication  
Campaign

Communication is not only the transmission of information, but it is also the creation of a culture, of human and digital environments that become spaces for dialogue and discussion. In looking at how technology is developing, this mission becomes ever more necessary.

—Pope Leo XIV, Address to the Representatives of the Media, May 12, 2025

The 2025 Jubilee Year of Hope reminded us that the Gospel is a message of hope that we are called to share with the world. The Catholic Communication Campaign (CCC) presents a unique opportunity to participate in that mission of love by supporting media efforts to share the Gospel with your neighbors as well as people across the country. When you contribute to this collection, half of your donation supports the national communications programs of the bishops of the United States, while the other half stays in your diocese to support local communications initiatives.

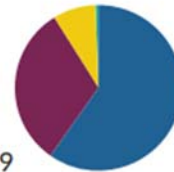
Each day, hundreds of thousands of users visit the website of the United States Conference of Catholic Bishops (USCCB) for an easy and convenient way to enrich their devotional lives with the Word of God. Taken from the Lectionary readings for each day's Mass, the Daily Readings page helps users follow along with the biblical texts proclaimed at Mass and aids their prayer and meditation on Sacred Scripture.

Funding from CCC allows this popular and valuable resource to be made



available to users free of charge rather than through paid subscriptions or user fees. When you participate in the annual collection for CCC, you support the national communications efforts of the USCCB, including the free availability of the online daily readings. And your support is not limited to those national efforts. When you give to your diocese's collection at Mass, half of your contribution stays within your own diocese to support local communication efforts that help bring the hope of the Gospel to your family, friends, and neighbors!

### 2024 DISTRIBUTION OF GRANTS: \$3,486,439



Media Evangelization*	\$2,085,641	59.82%
News and Information Services†	\$1,096,038	31.44%
Web-Based Communications Resources	\$293,663	8.42%
Building Media Capacity Grants	\$11,097	0.32%

### EXPENSES

USCCB Internal Grants†	93.17%
Promotion & Fundraising Expenses	6.09%
Program Costs	0.48%
Grants and Donations	0.27%

Total Expenses \$3,731,462

\* Includes funding for resource production and for distribution of print and electronic media from the USCCB.

† Includes funding to support Catholic News Services' coverage of Pope Leo XIV and his global ministry to share the mercy of God and the hope of the Gospel.

## A Message of Hope, a Mission of Love



United States  
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## A Message of Hope, a Mission of Love

Through the internet, print media,  
television, and radio . . .

Support the Catholic  
Communication Campaign.

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Catholic  
Communication  
Campaign

Authentic peace takes shape from the  
ground up, beginning with places,  
communities and local institutions,  
and by listening to what they have to  
tell us.

—Pope Leo XIV

A Message of Hope, a Mission of Love



# Connect with Christ

*Lord, make us instruments of  
your peace.*

Help us to recognize the evil latent  
in a communication that does not  
build communion.

Help us to remove the venom from  
our judgments.

Help us to speak about others as our  
brothers and sisters.

You are faithful and trustworthy;  
may our words be seeds of  
goodness for the world:

where there is shouting, let us practice listening;  
where there is confusion, let us inspire harmony;  
where there is ambiguity, let us bring clarity;  
where there is exclusion, let us offer solidarity;  
where there is sensationalism, let us  
use sobriety;  
where there is superficiality, let us raise  
real questions;  
where there is prejudice, let us awaken trust;  
where there is hostility, let us bring respect;  
where there is falsehood, let us bring truth.

**Amen.**



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# IMMIGRANT KNOW YOUR RIGHTS

IN THIS COUNTRY, EVERY INDIVIDUAL HAS RIGHTS, REGARDLESS OF THEIR COUNTRY OF ORIGIN, RACE, LEGAL STATUS, NATIVE LANGUAGE, RELIGION, SEXUAL ORIENTATION, OR GENDER IDENTITY.

## 1. THE RIGHT TO NOT OPEN THE DOOR

Ask for warrant under the door; verify details first.

## 2. THE RIGHT TO REMAIN SILENT

Give only your name; speak with an attorney present.

## 3. THE RIGHT TO MAKE A PHONE CALL

Call your attorney or family; keep a number ready.

## 4. THE RIGHT TO A HEARING BEFORE A JUDGE

You can ask for a judge to hear your case.

## 5. THE RIGHT TO HAVE YOUR PHYSICAL INTEGRITY RESPECTED

No one can abuse you physically or verbally.

## 6. THE RIGHT TO NOT SIGN ANY DOCUMENTS

Only sign documents with attorney approval.

## 7. THE RIGHT TO EVALUATE WHETHER YOU QUALIFY FOR ANY IMMIGRATION PROCESS

Ask an attorney if you qualify for relief program.

## ADDITIONAL RIGHTS

There are additional laws and policies in place for Immigrant Tenants and Workers in CA. To learn more, please contact us!



SCAN THE QR CODE TO LEARN MORE ABOUT YOUR RIGHTS AND RESOURCE INFORMATION FOR SUPPORT.



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# An Evening FOR THE SEPARATED & DIVORCED

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SAN FRANCISCO AND ABOUNDING JOY MINISTRY

Are you or someone you know struggling?  
You're invited to an **online free** event  
offering hope, healing and community.

 17 Date: Tuesday, May 19  Time: 5pm PDT

 17 Date: Thursday, May 21  Time: 7pm PDT

## Topics Include:

- ✓ Coping with anger, fear and shame
- ✓ Restoring your identity after divorce
- ✓ Forgiveness for self or others
- ✓ Healing spiritually and emotionally

## Presenter:

Carolyn Klika Catino, Founder &  
Catholic Divorce Ministry Coach

Carolyn@AboundingJoyMinistry.com

**Please invite those in need.**



**Scan to Register**

**2026**

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*God's Mercy*



**Father Ed Broom, OMV,**

Renowned retreat master and expert in Ignatian Spirituality, author of 5 books, guest on EWTN. Discover new ways to discern God's will, experience personal conversion, and find God in all things.

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**JULY 10, 11, 12**

Experience a peaceful weekend of silence, reflection, and deep spiritual renewal. Guided by the time-tested wisdom of St. Ignatius of Loyola. This retreat invites you to encounter God personally in the stillness - through Scripture, guided meditations, and the beauty of silence. Whether you're spiritually seasoned or simply seeking rest, you'll return home refreshed, grounded and more aware of God's presence in your daily life.



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Single Occupancy, private or shared bathroom  
(based on availability) \$295.00  
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Saturday Commuter (No lodging) \$85.00

**May 2026**



**July 2026**



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Cards in  
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11:00 AM CJ#2

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1:00 PM CJ#3

1 Moreland Dr, San Bruno, CA 94066

Complete volunteer registration and background check form at  
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## Cultural Heritage Night

**October 4, 2026**  
5:00 PM

Cathedral of  
St. Mary of the Assumption  
San Francisco

Hosted by::



ARCHDIOCESE OF  
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FILIPINO MINISTRY

Stay tuned for additional information.

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**Sto. Niño  
Devotion**  
(every Friday  
after the  
12:10 p.m. Mass)

*Judy Labaria  
Alma Raymundo  
Cathy Bohol  
Sheila Montemayor  
Anonymous*



**Black  
Nazarene**

**Feast Day  
January 9**

*Rosie Drapiza  
Lydia Cagampan  
Rene & Elsa Tuazon  
Celia & Paul Gravador*



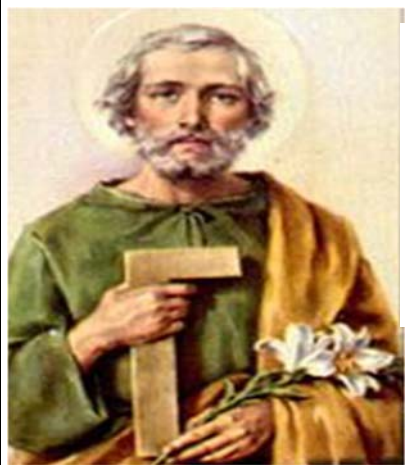
**Our Lady of  
Perpetual Help  
Devotion**  
(every Tuesday  
after the  
12:10 Mass)

*Raya & Gamboa  
Families*



**San Lorenzo Ruiz  
First  
Filipino Saint  
(Sep 28)**

*Fe Macatangay  
Jeanette Chafe  
John & Gemma O'Donnell  
Evelyn Grande  
Mely Saavedra*



**Saint  
Joseph**

**Feast Day  
March 19**

*Xenia Villamejor*



**St. Anne  
Feast Day  
July 26**

PRAYER TO  
**St. Anne**

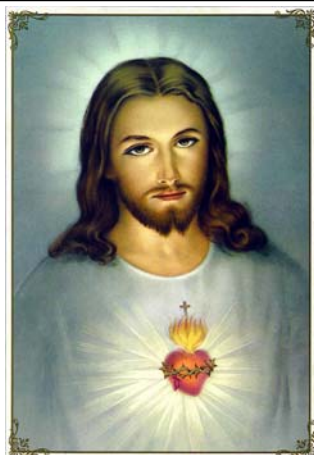
O GOD, You  
bestowed on St.  
Anne such grace  
that she was found  
worthy to become  
the mother of  
MARY, who  
brought forth  
Your only  
begotten SON.  
Grant that we may  
be helped by her  
intercession.  
Amen.

Photo: THE HOLY ROSARY Daily  
www.Rosary.com

**Sacred  
Heart**

**First Friday  
Schedule**

**4pm Holy Hour  
5:15 Mass**



**OUR  
LADY  
OF  
FATIMA**

**Pray the  
rosary**

The Gracious Chapter

# Psalm 23

1 The LORD is my shepherd, I lack nothing.

2 He makes me lie down in green pastures, he leads me beside quiet waters,

3 He refreshes my soul. He guides me along the right paths for his name's sake.

4 Even though I walk through the darkest valley, I will fear no evil, for you are with me; your rod and your staff, they comfort me.

5 You prepare a table before me in the presence of my enemies. You anoint my head with oil; my cup overflows.

6 Surely your goodness and love will follow me all the days of my life, and I will dwell in the house of the LORD forever.

The Gracious Chapter

*Yap Family*



## St. Patrick Charismatic Prayer Group

Charismatic & Healing Mass:  
Every 3<sup>rd</sup> Sunday at 2:00 p.m.

**Matt Dorsey**  
SAN FRANCISCO SUPERVISOR



I'm proud to represent you in City Hall — and grateful for the faith community we share at St. Patrick's. For help with city matters, feel free to call my office at (415) 554-7970 or email [Matt.Dorsey@sfgov.org](mailto:Matt.Dorsey@sfgov.org).

Best,

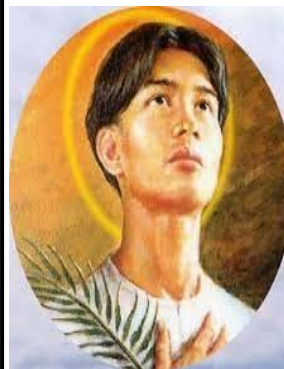
*Matt Dorsey*

## Our Lady of Guadalupe

Feast Day  
December 12



## St. Pedro Calungsod 2<sup>nd</sup> Filipino Saint (October 21)



Elena & Mark Ramoran Gayapa Family,  
Romeo & Antonina Real Family,  
Dan & Annie Lacap Family,  
Jesus, Jr. & Malou Paningbatan,  
Vida Ventura,  
Nenette Murata,  
Cristin Salangang