

MOST HOLY REDEEMER

Parish



4th Sunday in Ordinary Time
January 28, 2024

Worship Hours

Monday - Friday Daily Mass: 8:00am
Saturday Vigil Mass: 5:00pm
Sunday Masses: 8:00am, 10:00am & 6:30pm
Holy Days: 8:00am and 7:00pm

Reconciliation

Saturday: 3:45pm to 4:30pm

Baptism & Marriages

Please call the parish office
for an appointment.
For marriages please call the parish
office six months in advance.

Our Mission at Most Holy Redeemer Catholic Church

Most Holy Redeemer Parish is a Roman Catholic Christian Community. The parish draws people from isolation to community, from searching to awakening, from indifference to concern, from selfishness to meaningful service, from fear in the midst of adversity to faith and hope in God.

The community of Most Holy Redeemer shares God's compassionate love with all people. The parish offers a spiritual home for senior citizens and youth; single people and families; those who are straight, gay, lesbian, and transgender; the healthy and the sick, particularly persons with HIV.

As a parish community, we celebrate God's loving presence in our lives. In worship and sacrament, especially the Eucharist, we are nurtured and challenged to extend God's kingdom of justice, truth, love and peace by growing in the spirit of Jesus, the Most Holy Redeemer.

God's Inclusive Love Proclaimed Here!



**MOST HOLY REDEEMER
CATHOLIC CHURCH**
100 Diamond Street
San Francisco, California

Phone (415) 863-6259
www.mhr.org

Pastor

Fr. Matt Link, C.PP.S.
frmatt@mhr.org

PARISH OFFICE

Michael Poma, Business Manager
mpoma@mhr.org
Cristy Torres, Administrative Assistant
office@mhr.org

PASTORAL COUNCIL

Michael Kirkland
Richard Levy
Trudy Miller
Cyndy Zimmer
Shaan Bijwadia
Marnie Pira

FINANCE COUNCIL

Marc Colelli, Chair
Steve Adams
Micaela Connery
Stephen McCarthy
John Solaegui
Diane Trewin

LITURGY COMMITTEE

Ty Henderson, Chair
Jacque Grillo
Pablo McLachlan
Sr. Marilyn Morgan
Curtis Murray



Collection - Week of January 21, 2024

Saturday 5pm -	\$234.00
Sunday 8am -	\$458.00
Sunday 10am -	\$1,078.00
Sunday 6:30pm -	\$112.00
Misc. -	\$1,760.00
VANCO -	\$1,588.00
Total -	\$5,230.00
Budgeted -	\$4,200.00

***Thank you for your
generosity!***



MASS TIMES

Daily Mass: 8am (Mon ~ Fri)
Saturday Vigil Mass: 5pm
Sunday Masses: 8am, 10am & 6:30pm
Holy Days: 8am & 7pm
Reconciliation: Saturdays 3:45pm - 4:30pm
(or by appointment)

THIS WEEK AT OUR PARISH

JAN 29 — FEB 4

Monday - Friday

Mass - 8am

Wednesday

Wednesday Night Suppers

Saturday

Vigil Mass - 5pm

Sunday

Masses: 8am, 10am & 6:30pm

*Join us for Coffee Hour after the
8am & 10am Masses*

Livestream the 10am Sunday Mass

www.mhr.org/livestream





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

Saturday, January 27

5pm Hannah & Adam Eliab (Wedding)

Sunday, January 28

8am AIDS Support Group

10am MHR Parish

6:30pm Graham Meyers

Monday, January 29

8am Carmen Fletcher †

Tuesday, January 30

8am

Wednesday, January 31

8am Wednesday Night Suppers

Robert "Bob" Schmeisser †

Thursday, February 1

8am

Friday, February 2

8am

Saturday, February 3

5pm Ma. Lourdes Deza

John Adams †

**To schedule a Mass Intention
or sponsor the weekend altar flowers,**

**please call the parish office at 415-863-6259
or email office@mhr.org.**



**Ryan Zuniga, Phillip Solodkin, Christian Irizary ,
Joshua Filho, Leigh Thorup-Murray, John Johnson,
Graham Meyers, Andrew Hinek and Golden Heights
Skilled Nursing Facility Staff & Residents**

Readings for the week of January 28, 2024

Sunday:

Dt 18:15-20/Ps 95:1-2, 6-7, 7-9 (8)/
1 Cor 7:32-35/Mk 1:21-28

Monday:

2 Sm 15:13-14, 30; 16:5-13/Ps 3:2-3, 4-5,
6-7/Mk 5:1-20

Tuesday:

2 Sm 18:9-10, 14b, 24-25a, 30—19:3/
Ps 86:1-2, 3-4, 5-6/Mk 5:21-43

Wednesday:

2 Sm 24:2, 9-17/Ps 32:1-2, 5, 6, 7/Mk 6:1-6

Thursday:

1 Kgs 2:1-4, 10-12/1 Chr 29:10, 11ab,
11d-12a, 12bcd/Mk 6:7-13

Friday:

Mal 3:1-4/Heb 2:14-18/Ps 24:7, 8, 9, 10/
Lk 2:22-40 or 2:22-32

Saturday:

1 Kgs 3:4-13/Ps 119:9, 10, 11, 12, 13, 14/
Mk 6:30-34

Next Sunday:

Jb 7:1-4, 6-7/Ps 147:1-2, 3-4, 5-6
(see 3a)/1 Cor 9:16-19, 22-23/Mk 1:29-39



Excerpts from the Lectionary for Mass ©2001, 1998, 1970 CCD.
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COMMUNITY
LIFE

Visit us:

On the web: www.mhr.org

Facebook: www.facebook.com/mhrsf

Instagram: [mhrcatholicsf](https://www.instagram.com/mhrcatholicsf)

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

Bible Study on upcoming Sunday readings meets via Zoom on Tuesday evenings at 7pm.
Email biblestudy@mhr.org for login and for more information.

Christian Healing Prayer Group: Please join us on the first Monday of each month at 2pm in the Library. Email markwbass@yahoo.com for information.



MOST HOLY REDEEMER HIV/AIDS SUPPORT GROUP

We are in need of volunteers

If you are interested in supporting this ministry
please contact Pete Toms at 415-612-0651 or email asg@mhr.org.



BILL ROSS, CHUCK YENSON, SUZANNE BOYLE, STEVE PALMER, KEITH TRUITT,
MATT DORSEY, RYAN GREENBERG, JOHN HARRISON, FRANK IVEY OFM, KEIRA BARTON,
QUINN BARTON, MATTY FAGAN, MIKE PRICE AND ANTONIO PEREZ

PEOPLE WERE
ASTONISHED AT
HIS TEACHING.

MK 1:22

4TH SUNDAY IN ORDINARY TIME • 4TH SUNDAY



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ARCHDIOCESE OF
SAN FRANCISCO

U.S. BANKRUPTCY COURT FOR THE NORTHERN DISTRICT
OF CALIFORNIA – SAN FRANCISCO DIVISION

**In re: The Roman Catholic Archbishop of
San Francisco, Case No. 23-30564**

Notice of Deadline for Filing Claims: February 20, 2024

**YOU MAY HAVE A SEXUAL ABUSE CLAIM OR OTHER
CLAIM AGAINST THE ARCHDIOCESE OF SAN FRANCISCO**

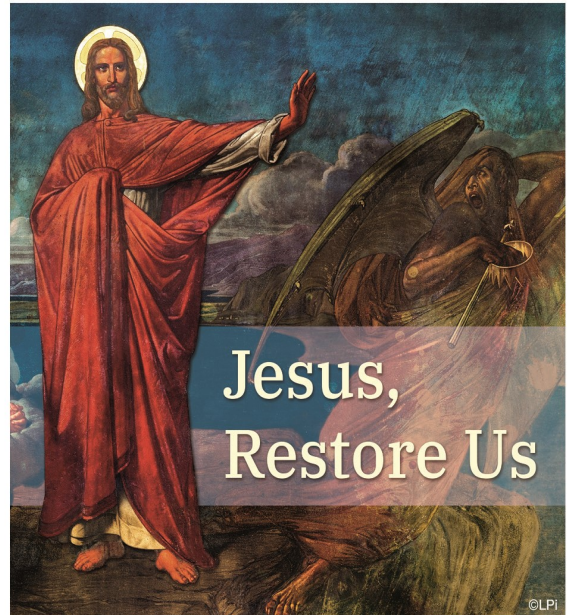
On August 21, 2023, The Roman Catholic Archbishop of San Francisco, a California corporation sole, aka Archdiocese of San Francisco (the "Debtor"), filed for protection under chapter 11 of title 11 of the United States Code (the "Bankruptcy Code").

If you were sexually abused by any person connected with the Debtor, you must file a claim so as to be received by February 20, 2024, or otherwise you will be forever barred, estopped, and enjoined from asserting such claim against the Debtor.

Claims based on acts or omissions of the Debtor that occurred before August 21, 2023, must be filed on or before February 20, 2024, even if such claims are not now fixed, liquidated, or certain or did not mature or become fixed, liquidated, or certain before August 21, 2023.

For more information on how to obtain and file a proof of claim form and associated documents, please visit <https://omniagentsolutions.com/RCASE>, or contact Omni Agent Solutions, Inc., the Debtor's claims agent via email at RCASFinquiries@omniagnt.com or by phone at 888-480-6507 (U.S. and Canada toll free) or 747-293-0084 (International), between the hours of 9:00 a.m. and 5:00 p.m. (prevailing Pacific Time), Monday through Friday.

****If you have questions about the bankruptcy case filed by the Archdiocese of San Francisco, please also visit the website at <https://sfarch.org> and follow the links for Chapter 11 Filing****



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Gospel Meditation

Encourage Deeper Understanding of Scripture

I love movies about exorcisms. Apparently, so do many others. The 2023 movie "Nefarious" features a possibly possessed inmate on death row. Critics were not impressed, but audiences scored it at 97% on the website Rotten Tomatoes. Most people have an appreciation for the demonic realm, even if cultural elites are generally embarrassed about it. As is standard in exorcism movies, the afflicted person (in this case, a man named Edward Brady) thinks and acts like *multiple* persons. He is someone besides himself. We know what that is like. We feel *fake* sometimes, not ourselves.

The same dynamic is on dramatic display this week in the Gospel. Jesus the Exorcist approaches a possessed man who utters, "**What have you to do with us, Jesus of Nazareth?**" Notice the plural, *us*. The basic effect of the demonic is division. The man's identity is fractured, divided, and thus many. Jesus powerfully expels the spirit by saying, "**Quiet! Come out of him!**" Jesus' word has the power to restore the man's singularity — *him* — and indeed it does.

All this helps us to dismiss childish images of demons sporting red goat tails. Equally, it overcomes the cultured aloofness that dreams demons are mere metaphors for evil. We see instead that fallen angels are conscious and intelligent beings who orient their agency toward division. They bring about schism where there should be unity, e.g., in persons, families, communities, politics, and so on. Thankfully, Jesus commands demons to flee from all these places to restore wholeness and peace. What if we made room for his word where we need it?

— Father John Muir

PEACE & SOCIAL JUSTICE CORNER

February 2024

Black History Month

Celebrating Black Artists

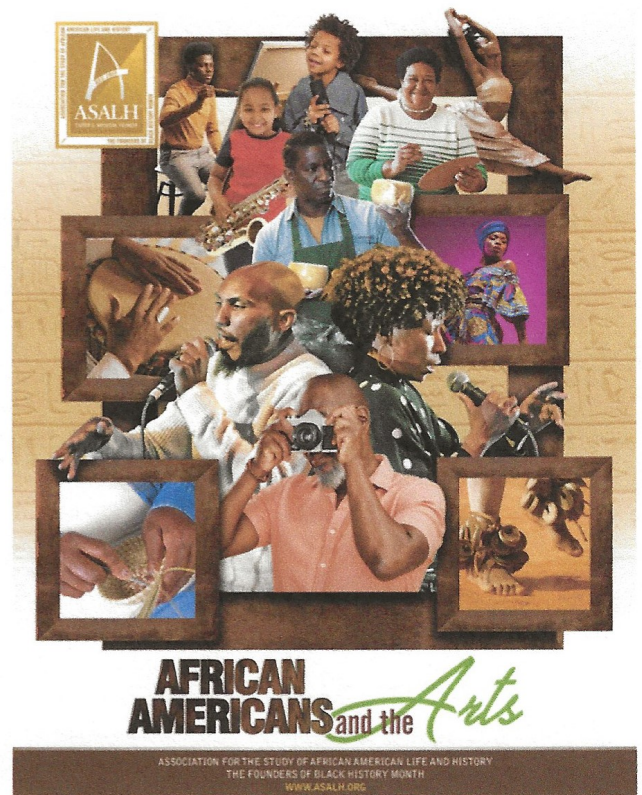
2024 BLACK HISTORY THEME: AFRICAN AMERICANS AND THE ARTS

African American art is infused with African, Caribbean, and the Black American lived experiences. In the fields of visual and performing arts, literature, fashion, folklore, language, film, music, architecture, culinary and other forms of cultural expression, the African American influence has been paramount. African American artists have used art to preserve history and community memory as well as for empowerment. Artistic and cultural movements such as the New Negro, Black Arts, Black Renaissance, hip-hop, and Afrofuturism, have been led by people of African descent and set the standard for popular trends around the world. In 2024, we examine the varied history and life of African American arts and artisans.

For centuries Western intellectuals denied or minimized the contributions of people of African descent to the arts as well as history, even as their artistry in many genres was mimicked and/or stolen. However, we can still see the unbroken chain of Black art production from antiquity to the present, from Egypt across Africa, from Europe to the New World. Prior to the American Revolution, enslaved Africans of the Lowcountry began their more than a 300-year tradition of making sweetgrass baskets, revealing their visual artistry via craft.

The suffering of those in bondage gave birth to the spirituals, the nation's first contribution to music. Blues musicians such as Robert Johnson, McKinley 'Muddy Waters' Morganfield and Riley "BB" B. King created and nurtured a style of music that became the bedrock for gospel, soul, and other still popular (and evolving) forms of music. Black contributions to literature include works by poets like Phillis Wheatley, essays, autobiographies, and novels by writers such as David Walker and Maria Stewart. Black aesthetics have also been manifested through sculptors like Edmonia Lewis and painters like Henry O. Tanner.

In the 1920s and 30s, the rise of the Black Renaissance and New Negro Movement brought the Black Arts to an international stage. Members of the armed forces, such as James Reese Europe, and artists such as Langston Hughes, Josephine Baker and Lois Mailou Jones brought Black culture and Black American aesthetics internationally, and Black culture began its ascent to becoming a dominant cultural movement to the world. In addition to the Harlem Renaissance, today we recognize that cities like Los Angeles, Chicago, and New Orleans also were home to many Black artists.

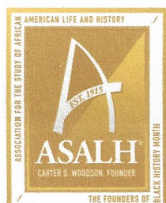


The 1960s continued this thread through the cultural evolution known as the Black Arts Movement, where artists covered issues such as pride in one's heritage and established art galleries and museum exhibitions to show their own work, as well as publications such as *Black Art*. This period brought us artists such as Alvin Ailey, Judith Jamison, Amiri Baraka, Nikki Giovanni and Sonia Sanchez. The movement would not have been as impactful without the influences from the broader Black world, especially the Negritude movement and the writings of Frantz Fanon.

In 1973, in the Bronx, New York Black musicians (i.e. DJ Kool Herc and Coke La Rock) started a new genre of music called hip-hop, which comprises five foundational elements (DJing, MCing, Graffiti, Break Dancing and Beat Boxing). Hip-hop performers also used technological equipment such as turntables, synthesizers, drum machines, and samplers to make their songs. Since then hip-hop has continued to be a pivotal force in political, social, and cultural spaces and was a medium where issues such as racial violence in the inner city, sexism, economic disinvestment and others took the forefront.

The term Afrofuturism was used approximately 30 years ago in an effort to define cultural and artistic productions (music, literature, visual arts, etc.) that imagine a future for Black people without oppressive systems, and examines how Black history and knowledge intersects with technology and science. Afrofuturist elements can be found in the music of Sun Ra, Rashan Roland Kirk, Janelle Monáe and Jimi Hendrix. Other examples include sci-fi writer Octavia Butler's novels, Marvel film *Black Panther*, and artists such as British-Liberian painter Lina Iris Viktor, Kenyan-born sculptor Wangechi Mutu, and Caribbean writers and artists such as Nalo Hopkinson, and Grace Jones.

In celebrating the entire history of African Americans and the arts, the Association for the Study of African American Life and History (ASALH) puts into the national spotlight the richness of the past and present with an eye towards what the rest of the twenty-first century will bring. ASALH dedicates its 98th Annual Black History Theme to African Americans and the arts.



ASSOCIATION FOR THE STUDY OF AFRICAN AMERICAN LIFE AND HISTORY

301 RHODE ISLAND AVENUE, NW | SUITE 1508 | WASHINGTON, DC 20001
202.238.5910 | ASALH.ORG

ASALH MISSION

To promote, research, preserve, interpret and disseminate information about Black life, history and culture to the global community.

