

Dear Padre,

Does pregnancy qualify as an exemption from abstinence and fasting in Lent?

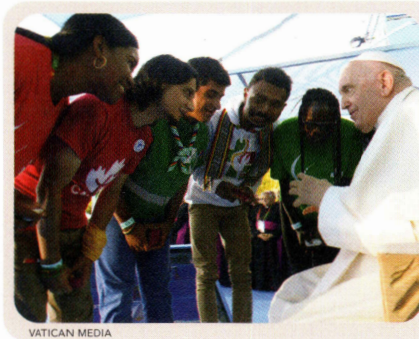
Yes, it does. Just to be clear, abstinence is not eating meat on the Fridays of Lent and applies to Catholics over the age of fourteen. On Ash Wednesday and Good Friday, Catholics between the ages of eighteen and fifty-nine are obligated to fast, that is, eat only one full meal and two smaller meals that do not add up to a full meal. In addition to children and elders, exemptions from these disciplines include pregnant or nursing women and the physically or mentally ill, including those with chronic illnesses, like diabetes.

It is presumed that mature Catholics will seek balance and integration in the practice of the faith and will routinely make careful, informed decisions and apply them to spiritual practice. Obviously, being informed and aware of what the Church teaches, why the Church teaches something, and how it is to be applied and understood will only enhance a person's discernment.

The health of an unborn baby is a clear responsibility and of the utmost importance. Maintaining a healthy and balanced diet during pregnancy and adjusting any habitual practices that may endanger the health of the baby should be a primary concern. While exempt from fasting and abstinence, a pregnant woman may want to observe Lent by adopting another penitential discipline, something that would do no harm to the baby but would still be in the spirit of Lent. ●

Fr. Thomas M. Santa, CSsR / DearPadre.org

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
March 3	March 4	March 5	March 6	March 7	March 8	March 9
Weekday	Weekday	Ash Wednesday	Thursday after Ash Wednesday	Friday after Ash Wednesday	Saturday after Ash Wednesday	First Sunday of Lent
Sir 17:20-24	Sir 35:1-12	Jl 2:12-18	Dt 30:15-20	Is 58:1-9a	Is 58:9b-14	Dt 26:4-10
Mk 10:17-27	Mk 10:28-31	2 Cor 5:20-6:2	Lk 9:22-25	Mt 9:14-15	Rom 10:8-13	Lk 4:1-13
		16-18				



A WORD FROM POPE FRANCIS

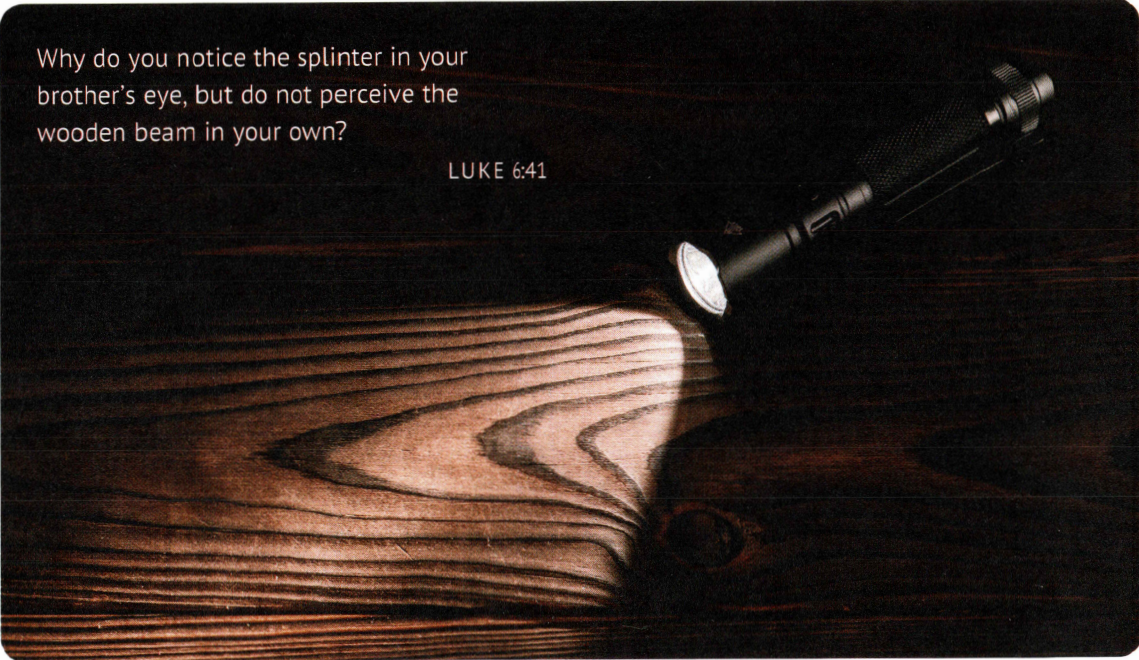
What Jesus says is true: we always find reasons for blaming others and justifying ourselves. And very often we complain about things that are wrong in society, in the Church, in the world, without first questioning ourselves and without making an effort to change.... Every fruitful, positive change must begin from ourselves. Otherwise, there will be no change.

ANGELUS, ROME, FEBRUARY 27, 2022

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Our Parish COMMUNITY

March 2, 2025
Eighth Sunday in Ordinary Time (C)
Sirach 27:4-7 / 1 Corinthians 15:54-58 / Luke 6:39-45



Why do you notice the splinter in your brother's eye, but do not perceive the wooden beam in your own?

LUKE 6:41

Blindsided

FR. JOSEPH JUKNIALIS

There are days when the darker side of who we are rises up and slaps us in the face. One evening, I decided to go to see a film. I bought a ticket, made my way into the theater, and found a seat that would give me an unobstructed view of the screen, one that had patrons on either side of the open seat in front of me. Fairly sure that no one would sit in front of me, I felt good about my maneuver. A few minutes before the film began, a group of four walked down the aisle, looking for a string of open seats in the crowded theater. One of them stopped at my row and asked if I would move down a seat. Immediately, I realized my predicament. If I moved, I'd be behind someone tall, with my vision of the screen blocked.

I'd spend the film gazing through someone's head. I said no. The woman who had asked was taken aback, said so, and then moved on. Just as quickly, I found myself shocked by my own selfishness. Where had that come from? Was I really not who I thought I was? I discovered that there are hidden pieces of who we are that seldom come to light, and when they do, we cringe. If we are fortunate, the Lenten journey we begin on Ash Wednesday might reveal to us what it is that lives in our hearts. ●

Reflect

What can I do for Lent that may help me see myself more clearly?



Sacred Heart of Jesus & Mary at Waimea



St. Theresa Parish

Established January 21, 1941
P.O. Box 159, Kekaha, HI 96752



Vision / Mission Statement
To make St. Theresa Parish
a dynamic Christian community of
worship & service



St. Theresa School at Kekaha



STEWARDSHIP OF TREASURE

✠ Mahalo for being as generous as your means allow. God bless you! ✠

Sunday Offerings

Kekaha \$ 1,936
Waimea 900

Other Donations

Candles	\$	36.00
Cross We Share		125.00
Flowers		198.00
Funerals		300.00
Initial Offering		2.00
Maintenance Fund		97.00
Marriages		300.00
Mass Intentions		185.00
MC Rebate		10.42
St. Theresa Choir		110.00
Share the Faith		5.00



ASH WEDNESDAY ~ MARCH 5

NO 6:30am Mass

8:10am School Mass at STC

(all are welcome; no School Mass on Fri 3/7)

6pm Mass at STC

Distribution of ashes at both Masses.

Prepare your heart for Easter at STC

STATIONS OF THE CROSS

Fridays during Lent at 6pm

Mar 7 – Apr 11

**FIRST FRIDAY HOLY HOUR on Mar 7
& Apr 4 will begin with 6pm Stations.**

SCHOOL NEWS

Mar 7 **No School (Teacher Workday)**
Mar 17-21 **Spring Break**

April 25 & 26



**Tickets are available after Mass or
call the school office 808.337.1351.**



JUBILEE 2025

jubilaum2025.va/en.html

The Holy See has designated various Jubilee Days to welcome and celebrate different groups of people and various ministries in the Church. The **Jubilee of the World of Volunteering** will be held March 8-9. Volunteering has allowed the lay faithful to step forward into the universal call to holiness in service to the Church and society. During this Jubilee celebration, you are invited to pause for a moment from the great work of volunteering and find rejuvenation in Christ Jesus, who longs to give his people an experience of divine grace.

Ash Wednesday and Good Friday are obligatory days of fasting and abstinence for Catholics. In addition, Fridays during Lent are obligatory days of abstinence.

The norms on **fasting** are obligatory from age 18 until age 59. When fasting, a person is permitted to eat one full meal, as well as two smaller meals that together are not equal to a full meal.

The norms concerning **abstinence from meat** are binding upon members of the Latin Catholic Church from age 14 onwards.

Adult RE: Lenten Study

Mondays at 6pm. All are welcome!

4526B Alae Rd, Kekaha

Mar 10	The Mass (part one)
Mar 17	Seven Deadly Sins
Mar 24	Confession
Apr 7	The Mass (part two)
Apr 14	The Passion

MINISTRY NEWS

K-12 Religious Education Classes meet Thursdays at 6:30pm.

Youth Ministry Grades 6-12 meet in the parish hall following 8:30am Mass on the 1st and 3rd Sundays.

OCIA (Order of Christian Initiation of Adults) Contact Deacon Ron if you are interested. Call or text 907-978-4018.

Choir practice Thursdays at 4:30pm at STC. All are welcome.

**** Finance meeting Tue, Mar 11 at 5:30pm. ****

**** Worship meeting Tue, Mar 18 at 6pm. ****

Parish Directory

Clergy



Reverend Edwin D. Conselva, MS,
Pastor 808-337-1784
Deacon Ron Jones 907-978-4018
Deacon Jim Bostick, retired 808-337-1124

Parish Office

Mass Intentions / Hospital or Homebound
Communion / Weddings / Marriage
Convalidations / Baptisms / Funerals
Dee Young, Parish Secretary 808-337-1548
M-F, 8am-noon sttheresac@yahoo.com

PPC Raynette Newall

Worship / HI Catholic Herald parish articles
Chantal Duarte 808-634-0403

Bulletin / Website Betsy Jones 907-347-6618

Evangelization Commission

Director of Religious Education
Sr. Gloria Camitan, O.P. 808-337-1548

OCIA Deacon Ron Jones 907-978-4018

Youth Coordinator
Rena Ulanday 808-635-2701

Social Services Commission

Respect Life call parish office 808-337-1548
Agency on Elderly Affairs 808-241-4470

St. Theresa School

808-337-1351 sttheresakauai.com
M-F, 7:30am-3:00pm
HCH school articles

8th Sunday in Ordinary Time
March 2, 2025

**A good tree does not bear
rotten fruit, nor does a
rotten tree bear good fruit.**
Luke 6:43

Are you using your gifts in
the way God intended?

Have you asked God how He
would like you to use them?

Do you compare yourself to
others and complain about
what you don't have instead
of being thankful for what
you do have?

God gives each of us unique
gifts and a unique plan.

Listen to how God is calling
you to use your gifts,
to bear good fruit,
for the glory of His name.

~ Archdiocese of St. Louis



St. Theresa Church – Kekaha

Sat 5pm Vigil Mass

Sun 7:45am Rosary, 8:30am Mass

Weekdays 6:30am Mon-Thu,
8:10am Fri (all are
welcome to attend the
School Mass each Friday)

Wed 6pm Rosary to Our Lady of
Fatima & Novena to OLPH
First Friday Holy Hour 6-7pm
with Exposition of the Blessed
Sacrament & Benediction



Sacred Heart of Jesus & Mary Church – Waimea

Sun 7am Mass

First Saturday Devotion to the
BVM 8-9am

Confessions

Saturdays at 4:30pm or call the
parish office to schedule an appt.

View the bulletin in color at
kekahacatholic.com