

Dear Padre,

At Mass during the Our Father, should we hold hands, lift our hands up, or keep our hands to ourselves?

Among many ancient religions, it was common to extend one's hands toward heaven while praying. This practice has continued in the Mass, where the rubrics indicate that the priest should extend his hands at certain points, including during the Our Father. The celebrant represents all the people with this gesture. The deacon is expressly forbidden to hold his hands up in prayer. There is no particular gesture assigned to the rest of the congregation. Some may be holding hands, some lifting their hands, some standing with arms crossed.

The variety of postures is not a problem in itself. The problem is when people become distracted or judgmental of others. As a rule of thumb, I suggest doing what the rest of the congregation does. As stated in the "Order of the Mass," written by the Bishops' Committee on the Liturgy in 2003, "The people are called as members of an organic whole, not as disparate individuals. A Christian assembly that worships 'with one heart and mind' (Acts 4:32) naturally moves toward and consciously chooses a common posture as a sign of its unity. Such common posture 'both expresses and fosters the intention and spiritual attitude of the participants'" (28). The gestures at Mass are not as important as the essence of the Mass, and part of that essence is our unity in the body of Christ. ●

Fr. Gary Lauenstein, CSsR / DearPadre.org



ALFONSO / SHUTTERSTOCK



RICCARDO DE LUCA - UPDATE / SHUTTERSTOCK

A WORD FROM POPE FRANCIS

The disciples were sent two by two, not individually.... Let us ask ourselves whether we have the capacity to collaborate; whether we know how to make decisions together, sincerely respecting those who are alongside us and taking into account their point of view; whether we do so in community, not by ourselves.

ANGELUS, ROME, JULY 3, 2022

Monday

July 7
Weekday
Gn 28:10–22a
Mt 9:18–26

Tuesday

July 8
Weekday
Gn 32:23–33
Mt 9:32–38

Wednesday

July 9
Weekday
Gn 41:55–57;
42:5–7a, 17–24a
Mt 10:1–7

Thursday

July 10
Weekday
Gn 44:18–21,
23b–29; 45:1–5
Mt 10:7–15

Friday

July 11
St. Benedict, Abbot
Gn 46:1–7, 28–30
Mt 10:16–23

Saturday

July 12
Weekday
Gn 49:29–32;
50:15–26a
Mt 10:24–33

Sunday

July 13
Fifteenth Sunday
in Ordinary Time
Dt 30:10–14
Col 1:15–20
Lk 10:25–37

Our Parish COMMUNITY

July 6, 2025

Fourteenth Sunday in Ordinary Time (C)

Isaiah 66:10–14c / Galatians 6:14–18 / Luke 10:1–12, 17–20 or 10:1–9



Bloom Where You Are Planted

FR. JOSEPH JUKNIALIS

If you could change one aspect of your life, what would that be? Financial instability? Arthritis? Addiction? A disruptive family member? Work's daily grind? Finding love? No doubt the answers are as varied as the people who answer the question.

Though the old poster advises us to "bloom where you are planted," sometimes we can feel as if we've been planted among weeds—the people we've been given, the problems that continually pop up, the conflicts that all too often shut out the peace we seek. Just as Jesus sends disciples into every place he intends to visit, the reality for us may very well be that he sends us into the very lives we live even though we wish we could change them. Where we are is where we've been sent. It is in the lives we have that we

work out our salvation, for Jesus said, "The kingdom of God is at hand for you" (Luke 10:9).

St. Paul emphasized how important it is for disciples of Jesus to live out their identity as a new creation. British artist and sculptor Henry Moore made the observation that, in life, it is most important that we give ourselves over to a goal or dream, something so all-consuming that we live it morning, noon, and night. And the most important aspect of it, he said, is that it must be something we cannot possibly accomplish. For the followers of Jesus, it is the lifelong task to bloom where we've been planted. ●

Reflect

*What is the hardest part of my life right now?
What is the most blessed?*



The Lord appointed seventy-two others whom he sent ahead of him in pairs to every town and place he intended to visit.

LUKE 10:1



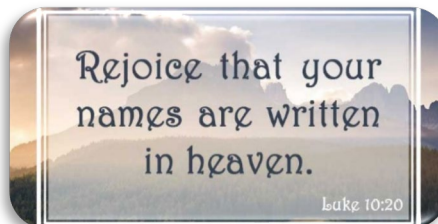
Sacred Hearts of Jesus & Mary at Waimea

St. Theresa Parish

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



St. Theresa School at Kekaha



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

SHOUT JOYFULLY TO GOD, ALL THE EARTH;
SING THE GLORY OF HIS NAME;
MAKE HIS PRAISE GLORIOUS.

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

Evangalization Commission

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

OCLIA 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
Summer hours M-Th, 8am-noon
HCH school articles

14th Sunday in Ordinary Time
July 6, 2025

**He said to them,
'The harvest is abundant,
but the laborers are few...'**
Luke 10:2

As Catholics we are all called to serve. Each of us has been given "charisms" otherwise known as gifts from the Holy Spirit to help build God's Church. **Our charisms can only be used for good.** We know that we are using them in the right ministry when we are filled with joy and we want to share stories about our charitable works. **Discern how God is calling you to use your charisms.** Say "yes" to what God is calling you to do and then do it! Share your joy and invite others to do the same.
Archdiocese of St. Louis



St. Theresa Church – Kekaha

Sat 5pm Vigil Mass
Sun 7:45am Rosary, 8:30am Mass

Weekdays 6:30am Mon-Fri
(subject to change)

Wed 6pm Rosary to Our Lady of Fatima & Novena to OLPH
First Friday Holy Hour 6-7pm
with Exposition of the Blessed Sacrament & Benediction
Confessions 4:30pm Saturday (or call the parish office for appt.)



Sacred Hearts of Jesus & Mary Church – Waimea

Sun 7am Mass

First Saturday Devotion to the BVM 8-9am

*View the bulletin online:
kekahacatholic.com
* Call the office to receive
weekly bulletins via email.*

STEWARDSHIP OF TREASURE

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

Sunday Offerings

Kekaha \$ 1,457
Waimea 1,225

Other Donations

Augustine Edu Foundation \$ 10
Bishop's Reception Tickets 3,660
Candles 36
Cross We Share 260
Flowers 20
Maintenance Fund 60
Peter's Pence 50
Seminar Education Fund 115



THE CROSS WE SHARE CAMPAIGN

AS OF MAY 31, 2025, OUR PARISH HAS COLLECTED **\$15,860** TOWARD OUR \$30,000 GOAL.
DESIGNATED ENVELOPES ARE AVAILABLE IN EACH CHURCH FOR YOUR CONVENIENCE.
* CAMPAIGN ENDS DEC 30 *

Many thanks for your generosity toward today's **Peter's Pence Collection.** Your contributions help support Church needs, humanitarian initiatives and social promotion projects, as well as the Holy See.

BIBLE STUDY

Mondays 6 to 7:30pm
4526B Alae Rd, Kekaha
Join us! All are welcome!
~ Led by Deacon Ron ~
Develop a fuller understanding of God's word as we focus on the following weekend's Mass readings.

July intentions of the Holy Father

For formation in discernment

Let us pray that we might again learn how to discern, to know how to choose paths of life, and reject everything that leads us away from Christ and the Gospel.

The traveling Jubilee Cross, commissioned by Bishop Larry, is coming to our parish July 14-20.

Adoration sign-up sheets are in each church - don't miss this opportunity to sit quietly with our Lord.



Jubilee Year Night of Worship - music and inspirational talk by Fr. EJ at Immaculate Conception Church on July 18 at 6pm. FREE family event.

Jubilee Year Day of Study at St. Catherine – a special opportunity to reflect, learn, and grow alongside others seeking deeper understanding and renewed hope. July 19 from 9am to 3pm. \$20 to register.

Learn more about both events:
<https://kekahacatholic.com/about-us/latest-news/>

ST. THERESA SCHOOL NEWS

REGISTRATION CONTINUES

STS teaches learners from preK through 8th grade. To register for the upcoming school year, call the office or find forms and information on the school's website.

EMPLOYMENT OPPORTUNITIES

STS is hiring! Visit the Diocese of Honolulu Careers page for more information:
catholichawaii.org/about-us/careers/