

Dear Padre,

I was taught that it is a requirement to fast at least one hour before receiving Communion. However, I've seen donuts out before Mass begins and hear candy wrappers being crumpled around me. This seems disrespectful to me.



It is important to use the correct words when describing a particular action. In this case, "requirement" does not really capture the full meaning and understanding of what the Church teaches. A better understanding is that it is a discipline and a practice of the Church to ordinarily observe the eucharistic fast for one hour before receiving holy Communion. If you are of a certain age, you may remember that there have been changes regarding the eucharistic fast. A "requirement" might suggest that the fast is integral to the sacrament itself. It is not.

The second part of your question seems to be a matter of perception. Based on your perception, you judge something to be not quite right. But, consider that there are many reasons why hospitality may be set up before Mass. The crumpling of wrappers could be something other than what you identify. Regardless, you are not required to assume the burden of policing what is taking place at Mass. It is much better to participate, celebrate, and be grateful for the sacrament that we gather to experience as a community of faith. ●

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
February 23	February 24	February 25	February 26	February 27	February 28	March 1
Lenten Weekday	Lenten Weekday	Lenten Weekday	Lenten Weekday	Lenten Weekday	Lenten Weekday	Second Sunday of Lent
Lv 19:1-2, 11-18	Is 55:10-11	Jon 3:1-10	Est C:12, 14-16, 23-25	Ez 18:21-28	Dt 26:16-19	Gn 2:1-4a
Mt 25:31-46	Mt 6:7-15	Lk 11:29-32	Mt 7:7-12	Mt 5:20-26	Mt 5:43-48	2 Tm 1:8b-10
						Mt 17:1-9

Do you have a question for the Padre?

Go to DearPadre.org to send your question and to learn more about *Dear Padre*.



A WORD FROM POPE LEO XIV

Today, signs of hope are increasingly found in care homes, communities for minors, centers for listening and acceptance, soup kitchens, homeless shelters, and low-income schools. How many of these quiet signs of hope often go unnoticed and yet are so important for setting aside our indifference and inspiring others to become involved in various forms of volunteer work!

MESSAGE FOR WORLD DAY OF THE POOR, ROME, JUNE 13, 2025

Our Parish COMMUNITY

February 22, 2026

First Sunday of Lent (A)

Genesis 2:7-9; 3:1-7 / Romans 5:12-19 or 5:12, 17-19 / Matthew 4:1-11



"Then Jesus was led by the Spirit into the desert to be tempted by the devil."

MATTHEW 4:1



Jesus for the Win

MIGUEL DULICK

The account of the temptations could be presented as a comical play. Pope Francis insisted, "Don't talk to the devil!" Indeed, Jesus does not engage in dialogue with Satan, much less any negotiation or any business. Stones become bread? Jesus may have fasted for forty days, but he's had plenty to eat—"every word that comes forth from the mouth of God" (Matthew 4:4). Nor will Jesus "test" his Father by jumping off the "parapet of the temple" (like the bell tower of a gothic church). (See Matthew 5-7.) You don't play God, and you don't play *with* God. Satan really beclowns himself with the last temptation—promising the whole world if Jesus would just take a knee? No one would fall for that, would they?

Except—most of us. We'd do the bread; we'd do the jump; we'd definitely do the world! Look at the first reading, from Genesis. Adam and Eve give up paradise for a piece of fruit! It's a sad story because Eve does chat with the serpent, answering questions, allowing for a different point of view. But, as they say on Facebook, Satan "destroys" her! And Adam, too. If they didn't sew fig leaves for each other, the whole story would be unbearable. Even as they realize their sin, there is a little tenderness.

Saint Paul explains it clearly. Sin entered the world, but with Jesus Christ, there is an "overflow" of grace for the many. (See Romans 5:15.) And that's what Lent is about—a flood of grace. ●



LEARN ABOUT THE AUTHORS OF OUR PARISH COMMUNITY

Reflect

What grace do I pray for this Lent—for myself and for someone who is struggling?



1899
Sacred Hearts of Jesus & Mary at Waimea



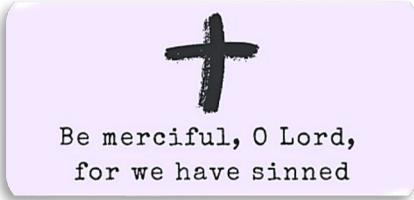
St. Theresa Parish

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



1946 / 1993
St. Theresa School at Kekaha

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



STEWARDSHIP OF TREASURE

Sunday Offerings

Kekaha \$ 1,984.25
Waimea 1,100.10

Other Donations

Ash Wednesday \$ 108
Augustine Edu Foundation 67
Candles 70
Cross We Share 185
Donations 698
Flowers 92
Funerals 325
Kiawe Chicken Fundraiser 905
Maintenance Fund 1,382
Mass Intentions 325

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



Fridays during Lent are obligatory days of abstinence from meat (age 14 onwards).

Good Friday is an obligatory day of fasting (age 18 until 59) and abstinence.

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.

...Prepare Your Heart...

Join us for STATIONS OF THE CROSS on Fridays during Lent at 6pm at St. Theresa Church.

We all have very real questions about death.

What happens when we die? What does Scripture teach about death? How do we prepare for the life to come?

The Augustine Institute invites you to *Eternal Rest*, a four-part film series exploring the mystery of death and the promise of everlasting life.

Eternal Rest begins at St. Theresa Church on Mon, Mar 2 from 6 to 8pm

Register with Betsy Jones at 907.347.6618 to reserve a \$14 study guide. All are welcome!

MINISTRY NEWS

Religious Education classes are held Thursdays at 6:30pm at St. Theresa School.

OCIA classes are held Thursdays at 6pm in St. Theresa Church. Contact Deacon Ron.

Youth Ministry (grades 6-12) meets every 1st & 3rd Sunday after 8:30am Mass at the Parish Hall.

Choir practice is held Thursdays from 4:30 to 6pm at STC. Musicians and vocalists are welcome.

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
PCC 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 Coordinators
Blu & 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

Wendy Souza, Principal
808-337-1351 sttheresakauai.com
Office hours M-F, 7:30am-3pm
HCH school articles

1st Sunday of Lent

February 22, 2026

It is written: 'The Lord, your God, shall you worship and him alone shall you serve.'

Matthew 4:10

Tempted between the riches and power of this world and service to God, Jesus chose service to His Father.

If we wish to truly follow Jesus, we, too, must decide to turn away from worldly power and riches and put God at the center of our lives.

Lent is our time to prune ourselves of earthly things and develop and nurture heavenly things. Lent is time to repent and let go of the other "gods" we have put before God.

~Archdiocese of St. Louis



St. Theresa Church

8343 Kaumualii Hwy
Kekaha HI 96752

Sat 5pm Vigil Mass

Sun 7:45am Rosary

8:30am Mass

Mon-Thu 6:30am Mass

Fri 8:10am School Mass

Weekday Masses 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 an appointment)



Sacred Hearts of Jesus and Mary Church

9496 Kaumualii Hwy
Waimea HI 96796

Sun 7am Mass

First Saturday Devotion to the BVM 8-9am