

Dear Padre,

Are the readings at the beginning of Mass equal to the celebration of the Eucharist?

The Mass is celebrated in two major parts: the **Liturgy of the Word** and the **Liturgy of the Eucharist**. These parts complement each other in a balance of word and sacrament. In his 2004 apostolic letter *Mane Nobiscum Domine* (Stay With Us Lord), Pope St. John Paul II described these complementary elements. Using the story of the two disciples on the road to Emmaus on the night of Easter Sunday, the Pope likened the two parts of the revised liturgy to these disciples' journey. First, Christ breaks open the word for them, preparing their hearts with an interpretation of the Scriptures. Then, they recognize Christ as they break bread.

The Liturgy of the Word, proclaimed and preached well, allows time for silence and reflection on the wisdom offered. It becomes the necessary overture for the celebration of thanks and praise and the gift of the sign and sacrament to follow. Parishes are called to take the Liturgy of the Word most seriously and to bring it to a new level of proclamation. Pope St. John Paul II admonished all involved, but especially preachers, to cherish the word and preach it so the depths of the mysteries celebrated may be recognized and received into the burning hearts of Christians. In this context, the Scripture readings are given a prominence they didn't have in the older Roman rite. ●

From *The Eucharist: 50 Questions from the Pews* by Fr. Richard Fragomeni, PhD (816994), © 2009 Liguori Publications



SHUTTERSTOCK

A WORD FROM POPE LEO XIV

In a divided and troubled world, the Holy Spirit teaches us to walk together in unity. The earth will rest, justice will prevail, the poor will rejoice, and peace will return once we no longer act as predators but as pilgrims. No longer each of us for ourselves but walking alongside one another. Not greedily exploiting this world but cultivating it and protecting it.

HOMILY, ROME, JUNE 7, 2025



MILJAN ZIVKOVIC / SHUTTERSTOCK

Do you have a question for the Padre?

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

Monday February 9 Weekday 1 Kgs 8:1-7, 9-13 Mk 6:53-56	Thursday February 12 Weekday 1 Kgs 11:4-13 Mk 7:24-30	Saturday February 14 Sts. Cyril, Monk, and Methodius, Bishop 1 Kgs 12:26-32; 13:33-34 Mk 8:1-10
Tuesday February 10 St. Scholastica, Virgin 1 Kgs 8:22-23, 27-30 Mk 7:1-13	Friday February 13 Weekday 1 Kgs 11:29-32; 12:19 Mk 7:31-37	Sunday February 15 Sixth Sunday in Ordinary Time Sir 15:15-20 1 Cor 2:6-10 Mt 5:17-37 or 5:20-22a, 27-28, 33-34a, 37
Wednesday February 11 Weekday 1 Kgs 10:1-10 Mk 7:14-23		

Our Parish COMMUNITY

February 8, 2026

Fifth Sunday in Ordinary Time (A)

Isaiah 58:7-10 / 1 Corinthians 2:1-5 / Matthew 5:13-16



That Our Wounds Might Be Quickly Healed

ANN M. GARRIDO

Some years ago, I took a crash course in chaplaincy. Chaplains are often called on to accompany people through life's gloomier seasons—be it in a hospital, in a nursing home, in prison, or following a disaster. As you might imagine, our training involved sessions on how to best alleviate the isolation and despair many people experience in these places and situations. Pray with people? Invite them outside into nature? Make sure physical discomfort is mitigated? All of these are good practices, my chaplain supervisor emphasized, but research indicates that the quickest way to lift the heaviness many feel is to get them involved in alleviating the suffering of others.

I suspect neither Isaiah nor Jesus would have been surprised by this research. In today's first reading, Isaiah says that if we feed the hungry and give shelter to the homeless, if we clothe the naked and care for our family members in need, we will know what it means to have light in the midst of darkness, and our gloom will melt away as if under the noonday sun. Similarly, Jesus describes our good deeds as being like light, meant to be shared generously with others.

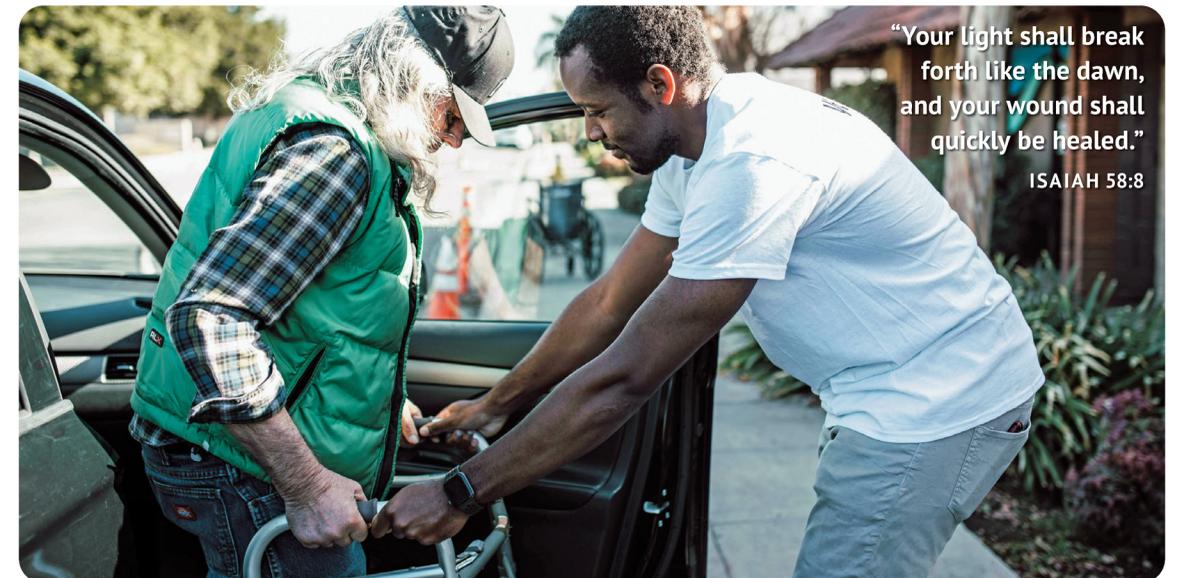
In recent years, we have seen an uptick in depression and anxiety, even among the young. We can be tempted to focus more inwardly on our own lives, our own griefs and shortcomings. Self-awareness is certainly a good trait to have! But, perhaps counterintuitively, today's readings remind us that our "wounds shall quickly be healed" more readily when we focus on the needs of others. ●



LEARN ABOUT THE AUTHORS OF OUR PARISH COMMUNITY

Reflect

Why does helping another lift our own spirits?



"Your light shall break forth like the dawn, and your wound shall quickly be healed."

ISAIAH 58:8



Sacred Hearts 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



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 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

5th Sunday in Ordinary Time February 8, 2026

Let your light shine before others, so that they may see your good works and give glory to your Father who is in heaven. Matthew 5:16

The generosity of being a good steward of your gifts has a positive effect on people, and it is contagious! Good works encourage more good works. Generosity is a by-product of a grateful lifestyle. The more we recognize God's gifts, the more we want to share them. Good stewards recognize that God is working through them, and they don't put themselves above the people they have been called to help.

~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

STEWARDSHIP OF TREASURE

Sunday Offerings

Kekaha \$ 1,909.80
Waimea 1,303.00

Other Donations

Candles \$ 39
Cause for Joseph Dutton 80
Cross We Share 290
Diocesan Appeal 60
Flowers 404
Initial Offering 25
January 1 Solemnity 100
Kiawe Chicken Fundraiser 6,750
~ Donations 410
Maintenance Fund 75
Mass Intentions 315

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

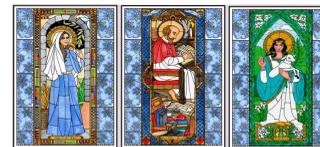
~ Patriotic Rosary ~

6pm on Mon Feb 16 at
St Theresa Church

Pray for our nation



Please bring your old palms to STC and place them in the box beneath Mary, near confessional. Mahalo!



Six weeks of Saints concludes Mon, Feb 9 with Saint Maximilian Kolbe. Join us from 5 to 7pm at the home of Deacon Ron & Betsy Jones, 4526B Alae Rd, Kekaha.

MINISTRY NEWS

Religious Education classes are held every Thursday at 6:30pm at St. Theresa School.
OCIA classes are held every Thursday 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.

The 2nd Collection THIS weekend supports

Augustine Educational Foundation
**Make a Student Smile –
Give the Gift of Catholic Education**
Mahalo for your generosity!

CHURCH & SCHOOL OFFICES

are closed Feb 16 in observance of President's Day

St. Theresa School ...

appreciates your love and support during Catholic Schools Week, especially your participation in the 80th Celebration of Excellence!

Thanks to ALL who had a hand in our successful parish fundraiser!

Happy World Marriage Day!

Worldwide Marriage Encounter began a grassroots movement in the early 1980s in Baton Rouge, Louisiana. By 1982, 43 state governors had officially recognized the day. In 1993, Pope John Paul II imparted his Apostolic Blessing upon the observance, held annually on the 2nd Sunday of February.