

Dear Padre,

Should Christians avoid practicing qi gong or tai chi? Or even meditation in which you empty your mind? Thank you.

This is one of those questions that has been debated for a long time. Social media offers many so-called experts with vastly different opinions. It can be very confusing, particularly if you are looking for a black-and-white answer, a yes or a no.

The pope who provides us with the most helpful direction to answer this question is Pope Benedict XVI. He did not forbid Eastern spiritual practices entirely but warned against their integration into Christian life without proper discernment. His perspective was rooted in a theological understanding that Christian spirituality is a unique path focused on a relationship with Christ. He emphasized that our Catholic spiritual tradition is distinct from the goals and methods of non-Christian traditions. He believed the practice of such non-Christian traditions, without preparation and without awareness of the challenge they present, could lead to spiritual error if not approached with caution and discernment.

So, the answer is nuanced. If you are using the practice as a spiritual practice, you should proceed with the utmost caution. If, on the other hand, you are using these practices for the more common physical or psychological—not spiritual—reasons, then it is permissible. ●



VIADA KARPOVICH / PEXELS

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

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|-----------------------------|------------------------------|---|------------------------------|----------------------------|---|--|
| April 27 | April 28 | April 29 | April 30 | May 1 | May 2 | May 3 |
| Easter Weekday | Easter Weekday | St. Catherine of Siena, Virgin and Doctor of the Church | Easter Weekday | Easter Weekday | St. Athanasius, Bishop and Doctor of the Church | Fifth Sunday of Easter |
| Acts 11:1-18 Jn 10:11-18 | Acts 11:19-26 Jn 10:22-30 | Acts 12:24-13:5a Jn 12:44-50 | Acts 13:13-25 Jn 13:16-20 | Acts 13:26-33 Jn 14:1-6 | Acts 13:44-52 Jn 14:7-14 | Acts 6:1-7 1 Pt 2:4-9 Jn 14:1-12 |



MARCO IACOBELLI EPF / SHUTTERSTOCK

A WORD FROM POPE LEO XIV

Our faith is authentic when it embraces our whole life, when it becomes a criterion for our decisions, when it makes us women and men committed to doing what is right and who take risks out of love, even as Jesus did.... Jesus is the true measure of our faith; he is the gate through which we must pass in order to be saved.

ANGELUS, ROME, AUGUST 24, 2025

Our Parish COMMUNITY

April 26, 2026

Fourth Sunday of Easter (A)

Acts 2:14a, 36-41 / 1 Peter 2:20b-25 / John 10:1-10



Open Door

MIGUEL DULICK

It is “Good Shepherd Sunday,” and the gospel quotes Jesus: “I am the gate for the sheep.” It seems the oddest of Jesus’ “I am” identities, until you realize that the shepherd himself was often the literal gate of the sheep’s pen, as he would lay his own body across the entrance to keep the sheep secure and safe from any predators. Actually, the predators that worry Jesus the most are other shepherds—“strangers” who came before him, all of whom Jesus flatly denounces as “thieves and robbers.”

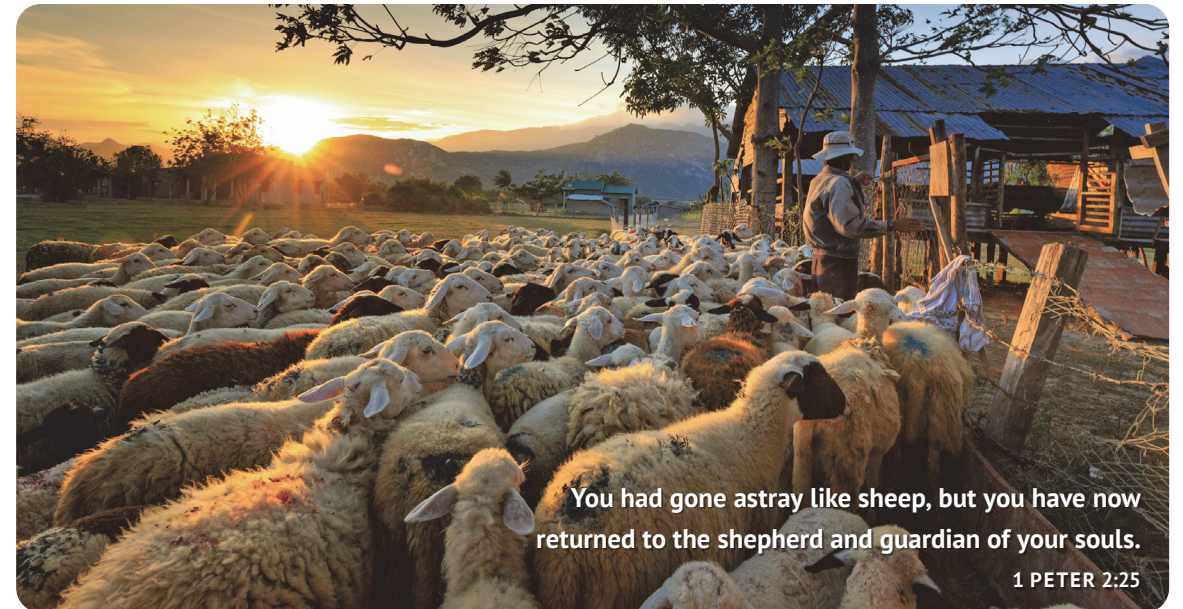
Does that scare us today? Are we vulnerable to attacks, even from those supposedly in charge of our care? When Jesus opens the gate, we go in and out through him, through Jesus, to find pasture. We follow

him because we recognize “his voice.” In the synodal Church that Pope Francis called us to, and to which we continue to be called by Pope Leo XIV, every voice is welcome and needed so that the Holy Spirit will fill the whole Church with truth.

Here in Honduras, where I live, folks with little education can offer profound witness to the love of God. It comes from their own intimacy with Jesus, recognizing his voice in their daily life. They are often the poor victims of widespread corruption, like “a thief [who] comes only to steal and slaughter and destroy.” Here in Honduras, we take refuge in Jesus, that we “might have life and have it more abundantly” (John 10:10). ●

Reflect

How can we recognize voices that speak the truth? How do we recognize Jesus’ voice?



You had gone astray like sheep, but you have now returned to the shepherd and guardian of your souls.

1 PETER 2:25



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



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

4th Sunday of Easter

April 26, 2026

**And Peter said to them,
"Repent, and be baptized,
every one of you, in the
name of Jesus Christ..."**

Acts 2:38

The word "repent" means to turn from sin - to change our thoughts, words and actions. Change that is permanent comes from within – a transformation or conversion of heart. This requires prayer, discipline and perseverance.

Change is hard.

The first step is recognizing that we are broken and that we need God's help. The good news - we are not alone in our journey. Ask Jesus daily for guidance and patiently listen for his response.

~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 \$ 2,557

Waimea 1,377

Other Donations

Baptism \$ 100.00

Candles 45.00

Cross We Share 875.00

Dio. Priests' Retirement Fund 50.00

Donation 2,000.00

Easter 200.00

Filipino Catholic Club 20.00

Maintenance Fund 1,493.00

Mass Intentions 120.00

Operation Rice Bowl 252.75

Reimbursement 75.00

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

Thank you to everyone
who supported the
**St. Theresa School
Carnival!**

Your time, generosity, and
enthusiasm made it a truly
special and successful event
for our school community.
We're so grateful for each
and every one of you.

DATES TO REMEMBER

Mon Apr 27 - weekly **Bible Study** at Deacon Ron's home, 4526B Alae Rd, 6 to 7:30pm

Fri May 1 – **NO SCHOOL** (Workday) and First Friday Holy Hour at 6pm at STC

Sat May 2 – First Saturday Devotions at 8am at SHJMC

Sun May 3 – Confirmation & 1st Communion Mass with Bishop Larry at 8:30am at STC

Mon May 4 thru Fri May 8 - **Teacher Appreciation Week**

Fri May 8 – **May Day** at 5:30pm at St. Theresa School grounds

TODAY IS GOOD SHEPHERD SUNDAY

Heartfelt thanks for all our
priests on Kaua'i, especially
our pastor, Father Edwin.
Through the grace of the Holy Spirit, may
he continue to shepherd us faithfully,
leading us ever closer to
our Lord Jesus Christ and guiding us
toward our eternal home in heaven.

Mass Intentions: Your envelope should indicate
the date and time of the Mass you are requesting.
Please contact Dee at 808-337-1548 for any
intentions. \$10 offering per request.

Prayer Requests: Contact Chantal Duarte via text
at 808-634-0403 or via email at
chantal_duarte@yahoo.com and our Prayer
Warriors will pray for your special needs.

MINISTRY NEWS

Religious Education Thu at 6:30pm (STS)

OCIA Thu at 6pm (STC)

Youth Ministry 1st & 3rd Sun at 9:30am (STC Hall)

Choir practice Thu 4:30 to 6pm (STC)

~~ St. Catherine's Church, Kapa'a ~~
Holy Ghost Festival, a Portuguese tradition
on Pentecost Sunday, May 24, 2026.
Begins with Solemn Mass at 9:30am, followed
by procession, prayers, and fellowship.
Call Father EJ with questions: 808.822.7900

View the bulletin online:
kekahacatholic.com