



# *St. Benedict Catholic Church*

*January 29, 2023*

## *Fourth Sunday in Ordinary Time*

### **PARISH:**

**ST. BENEDICT, Honaunau**  
84-5140 Painted Church Rd.  
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### **MISSION CHURCH:**

**ST. JOHN THE BAPTIST**  
Kealakekua

### **WEEKEND MASSES**

#### **St. Benedict**

**Saturday 4:00 p.m.**

**Sunday 7:15 a.m.**

#### **HAWAIIAN MASS**

**Every Second Sunday**  
**7:15 a.m.**

#### **St. John the Baptist**

**Saturday 6:00 p.m.**

**Sunday 9:30 a.m.**

### **WEEKDAY MASSES**

#### **St. Benedict Honaunau**

**7:00 a.m. Tuesday,**

**Thursday & Friday**

#### **St. John the Baptist**

**Wednesday 7:00 a.m.**

### **PASTOR**

**Rev. Siegfried Dosdos**

### **BUSINESS MANAGER**

**Susan Keen**

### **OFFICE STAFF**

**Penny Burgess**

### **RELIGIOUS EDUCATION & YOUTH & YOUNG ADULT**

**Edwina Fujimoto**

### **MUSIC DIRECTOR**

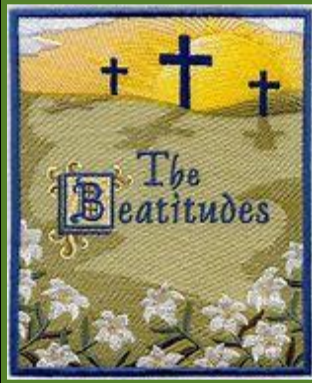
**Ariel Hadap**

### **FOOD PANTRY**

**Gloria & Kenneth Ciriako**  
**Victoria McLoughlin, and**  
**Patricia Nelson**

### **Blessed Are Our Hassles**

FR. JOSEPH JUKNIALIS



As much as we all might like a hassle-free life, for the person of faith the Beatitudes are markers of when God slips into our consciousness. They are life's doorways to a deepening sense of God-with-us. "Blessed are the poor in spirit" is not about material poverty, though it may include such times. To be poor in spirit is to be dependent upon God because we have run out of our own self-sufficiencies. There is nowhere else to go. "Blessed are they who mourn" is about times when we grieve the loss of someone or something we love deeply. Who or what will now sustain us? "Blessed are the meek" is about giving up the need to have our own way all the time. It recognizes that sometimes God's way is breaking into what we prefer. "Blessed are they who hunger and thirst for righteousness," that is, for a relationship with God. It is ultimately a hunger for harmony. "Blessed are the merciful" is about being forgiving and about those who live out the corporal works of mercy—feeding the hungry, clothing the naked, and the rest. In them we find the presence of God. "Blessed are the clean of heart" is when we come to realize we cannot have it all. Then there is only one who will satisfy our longing. "Blessed are the peacemakers" are those who not only love peace but work for peace, for God is peace. "Blessed are they who are persecuted for the sake of righteousness." They live for an ultimate good greater than their own.

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### *For Reflection*

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*Which Beatitude would be a good title for your autobiography?*

*Which Beatitude needs the greatest growth in your life?*

### **TODAY'S READINGS**

**First Reading:** Seek the LORD, all you humble of the earth... **Zep 2:3; 3:12-13**

**Psalm:** Blessed are the poor in spirit; the kingdom of heaven is theirs! **Ps 146:6-10**

**Second Reading:** "Whoever boasts, should boast in the Lord." **1 Cor 1:26-31**

**Gospel:** When Jesus saw the crowds, he went up the mountain... He began to teach them, saying ... Blessed are the poor in spirit... **Mt 5:1-12a**

**OFFICE HOURS:** Tuesday thru Friday 9:00 a.m. to 3:00 p.m.

The office is closed on holidays and weekends.

**BULLETIN:** Articles and photos (with caption) for the bulletin must be *emailed* to [st.benedict@rcchawaii.org](mailto:st.benedict@rcchawaii.org) Submission deadline: **TUESDAY at 5:00pm.**

**WEBSITE:** [thepaintedchurchhawaii.org](http://thepaintedchurchhawaii.org)



## ALOHA AND WELCOME HOME!

### Updated Covid-19 Liturgical Directives and Cold & Flu Guidelines

All remaining Covid-19 liturgical restrictions are lifted except for the suspension of the distribution of the Precious Blood to the congregation.

As always, you are reminded to use common sense for your health and safety during the annual cold and flu season. If you are feeling ill or think you may have been exposed to a virus, you should refrain from coming to Mass. In the same way, you should refrain from offering your hand to others at the sign of peace. A smile and a heartfelt "Peace be with you" should suffice. All of us must be aware of such sensitive matter in the intimate life of the Christian community and we should expect that some will refrain from a physical expression of the sign of peace out of care of our well-being and not out of unkindness or lack of piety.

### SACRAMENTS

**Funerals** Please contact the office for information about available dates *before* making arrangements with the mortuary or cemetery.

**Baptisms** may take place according to the same guidelines as weekend Masses. They will be done in such a way that the same water is not poured on more than one person or stored in the font after use.

### Sacrament of Reconciliation

At this time Father Sieg is available for Confessions by appointment, observing all proper precautions. Call the office 328-2227.

### Eucharist to Homebound and Hospitalized

Call the office to arrange for a visit from a priest or an Extraordinary Minister of Holy Communion.

### A WORD FROM Pope Francis

*Sisters and brothers, I am convinced that "the world can be seen more clearly from the peripheries." We must listen to the peripheries, open the doors to them and allow them to participate. The suffering of the world is better understood alongside those who suffer.*



FOURTH WORLD MEETING OF POPULAR MOVEMENTS, OCTOBER 16, 2021

### Prayer to Saint Blaise

**St. Blaise, Bishop and lover of souls, during your life you willingly bore many crosses in faithful imitation of the suffering Christ. Similarly, with Christ-like compassion and the grace of God, you miraculously cured many sufferers of their ills and humbly accepted the tortures inflicted upon you at the time of our death. Now in your heavenly home, we come before you and humbly ask for your intercession before the throne of God. St. Blaise, seek for us a cure for our sufferings. If it is not God's will or the greater good of our souls, ask God to grant us the strength to bear my cross patiently, in imitation of Jesus Christ our Crucified Savior, as reparation for our sins and the salvation of souls. Amen**

### SAINT OF THE WEEK— FEAST DAY FEBRUARY 3 SAINT BLAISE BISHOP, MARTYR—(DIED C. 316)



St. Blaise was born in Sebastea, Cappadocia which is now in modern-day Turkey. He became a physician and was known as a great healer. For awhile he lived in a cave on Mt. Argeus and there he healed men and wild animals. Legend says the sick animals would come to him on their own for help and they knew not to disturb him at prayer.

Agricola, governor of Cappadocia, came to Sebastea to persecute Christians and found Blaise's cave because many were in line outside waiting for healing. Blaise was discovered in prayer and was arrested. Agricola tried to get Blaise to renounce his Christian faith to no avail. While Agricola was taking him to prison a woman said her only son was choking to death on a fish bone. Blaise cured the boy. Agricola was amazed, but since he could not get Blaise to renounce his faith he beat him with a stick and tore his flesh with an iron woolcomb. He was imprisoned and a woman brought him two fine candles to dispel the darkness of his cell. He was soon beheaded. St. Blaise is known for curing illness, especially illnesses of the throat and neck. On his feast day he is honored in the Church by a special blessing of throats using two candles tied together in a cross with red ribbon. He is the patron of throat diseases, of woolcombers, and wild animals.



NATIONAL  
**Eucharistic  
Revival**

The **fourth** insert of the Diocese of Honolulu Teaching Mass is in today's bulletin. Please continue reading these inserts which are part of the National Eucharistic Revival whose purpose is to "Inspire, Educate, and Unite" Catholics in the Holy Eucharist. Be inspired by God's greatest gift to us!

# STEWARDSHIP

MAXIMIZING GOD'S BLESSINGS FOR HIS GLORY



## The Angelus

**V. The Angel of the Lord declared unto Mary.**

**R. And she conceived of the Holy Spirit.**

**Hail Mary, full of grace, The Lord is with Thee;**

**Blessed art thou among women, And blessed is the**

**fruit of thy womb, Jesus. Holy Mary, Mother of God, Pray for us sinners, Now and at the hour of our death. Amen**

**V. Behold the handmaid of the Lord.**

**R. Be it done unto me according to thy word. Hail Mary, etc.**

**V. And the Word was made Flesh.**

**R. And dwelt among us. Hail Mary, etc.**

**V. Pray for us, O holy Mother of God.**

**R. That we may be made worthy of the promises of Christ.**

### LET US PRAY

**Pour forth, we beseech Thee, O Lord, Thy grace into our hearts, that we to whom the Incarnation of Christ Thy Son was made known by the message of an angel, may by His Passion and Cross be brought to the glory of His Resurrection. Through the same Christ Our Lord. Amen.**

## PRAYER FOR THE SICK

Dear Jesus our Lord, we ask you to have mercy on all who are sick. Give them your strength and your love, and help them to carry their cross with great faith in you. May their sufferings be one with yours. Help them to overcome the power of evil, and lead others to our Father in heaven. Lord Jesus, hear our prayer, for you are Lord forever and ever. Amen.

### FOR HEALING AND STRENGTH, KEEP THEM IN YOUR PRAYERS...

Clifford Chow Jr., Patsy Sabarre, Bernard Labasan, Azarias Dosdos, John Herman, Janet Katakura, Merton Ogata, Carol Crusat, Henry Borges, Jim Shrewsbury, Emily Griego, John Sanchis, Rafael Ramirez, Jeffrey Crusat, Robin Crusat, William Anderson, Linda Adkins, Gloria Grapa, Tamayo Hanato, Caroline Smith, Hilda Sebastian, Elizabeth Awa, Ruby Ann Kaho'onei, Johnny Koene, Ruby Best, Jimmy Best, Keiki San Filippo.

Call the office to add your loved one or yourself to the list of those needing prayer.

## An Act of Spiritual Communion

*My Jesus,  
I believe that  
You are present  
In the Most Holy  
Sacrament.*

*I love You  
above all things,  
and I desire  
to receive You  
into my soul.  
Since I cannot  
at this moment  
receive You  
sacramentally,  
come at least  
spiritually into  
my heart.*

*I embrace You  
as if You were  
already there and  
unite myself  
wholly to You.  
Never permit me  
to be separated  
from You.*

*Amen*

*Thank God...  
for the gift of Jesus  
in the Eucharist!*

## PRAYER

### CALENDAR

**MONDAY** January 30  
Heb 11:32-40 Mk 5:1-20

**TUESDAY** January 31  
St. John Bosco, Priest  
Heb 12:1-4 Mk 5:21-43

**WEDNESDAY** February 1  
Heb 12:4-7, 11-15  
Mk 6:1-6

**THURSDAY** February 2  
Presentation of the Lord  
Mal 3:1-4 Heb 2:14-18  
Lk 2:22-40 or Lk 2:22-32

**FRIDAY** February 3  
St. Blaise, Bishop, Martyr  
Heb 13:1-8 Mk 6:14-29

**SATURDAY** February 4  
Heb 13:15-17, 20-21  
Mk 6:30-34

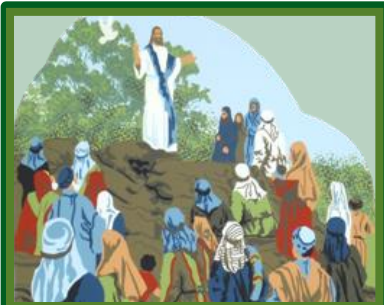
**SUNDAY** February 5  
Fifth Sunday in Ordinary  
Time Is 58:7-10  
1 Cor 2:1-5 Mt 5:13-16



"There is no doubt that through the reading of the Sacred Scriptures the soul is set aflame in God and becomes purified from all vices."

-St. Jerome





## Fourth Sunday In Ordinary Time

[Matthew 5:1-12]

### Treasure Hunt

1. In Matthew's Gospel, **where** did Jesus teach the Eight Beatitudes?
2. **What** is promised to "the meek"?
3. **Who** will be called "children of God"?
4. **Why** should the **blessed** "rejoice and be glad"?
5. In St. Paul's first letter to the Corinthians (1:26-31), **for what reason** did God "call" the foolish, the weak, the lowly and the despised?

**BONUS:** Hunt for these 'treasures' in this week's bulletin insert entitled: "*Liturgy of the Word: God Speaking to Us.*"

- a. What are the first **six** (6) words of John's Gospel?
- b. **True/False:** The *Liturgy of the Word* we hear every Sunday is the same in Catholic churches throughout the world.
- c. The **peak** of the *Liturgy of the Word* is the \_\_\_\_\_ and the \_\_\_\_\_ is the **descent** from the mountain.

### Answers to last week's Treasure Hunt

#### *Third Sunday in Ordinary Time*

-1- The arrest of John the Baptist; -2- the Gentiles; -3- "*Repent, for the Kingdom of Heaven is at hand.*"; -4- Their livelihood (fishermen) and their father; -5- proclaimed the Gospel, cured disease/illness..

**BONUS:** a. Christ leading His pilgrim people from the world into Heaven. b. "I confess to Almighty God..." c. The Gloria.

## READY TO FALL DEEPER IN LOVE WITH THE EUCHARIST?

You are invited to create an account at the National Eucharistic Revival website to access their library of free videos:

[www.eucharisticrevival.org/video-content-sign-up](http://www.eucharisticrevival.org/video-content-sign-up)

"The Eucharist is the Sacrament of Love; It signifies Love, It produces love. The Eucharist is the consummation of the whole spiritual life." — St. Thomas Aquinas

## Dear Padre

### **At Mass, why does the priest put a part of the consecrated host into the chalice?**

The celebration of the Eucharist was known as "the breaking of the bread" in the Acts of the Apostles (2:42). "The gesture of breaking bread done by Christ at the Last Supper, which in apostolic times gave the entire Eucharistic Action its name, signifies that the many faithful are made one body (1 Corinthians 10:17) by receiving Communion from the one Bread of Life, which is Christ..." (*General Instruction of the Roman Missal*, 83). At Mass, bread is broken and wine is poured for Communion, just as the Body of Christ was broken and the Blood of Christ was poured out on the cross. In this fraction rite, we recognize Christ in "the breaking of the bread," as did his disciples on the road to Emmaus (Luke 23:30-31). After the fraction of the bread, the priest places a small piece of it into the chalice "to signify the unity of the Body and Blood of the Lord in the work of salvation, namely, of the Body of Jesus Christ, living and glorious" (*GIRM* 83). This rite is called the commingling. While the *Agnus Dei* ("Lamb of God") accompanies the fraction of the bread, the priest quietly recites a prayer of preparation for Communion "so that he may fruitfully receive the Body and Blood of Christ. The faithful do the same, praying silently" (*GIRM* 84).

Fr. Byron Miller, CSsR / DearPadre.org

## SERVICE

### ST. BENEDICT FOOD PANTRY

The **regular** St. Benedict Food Pantry schedule continues to be the 2nd and 4th Fridays of each month from 9:00 am to 10:00 am. **Next Distribution will be on Friday February 10, 2023.**

### MAHALO FOR THE FRUIT!

Thank you to all who share their abundance of fruit with the Painted Church. Many visitors have never seen some of the tropical varieties we display. Tasting adds a little extra to their 'Aloha' experience.

**"The best way to find yourself is to lose yourself in the service of others."**

— Mahatma Gandhi