



# St. Benedict Catholic Church

February 5, 2023

## Fifth Sunday in Ordinary Time

### PARISH:

ST. BENEDICT, Honaunau  
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### MISSION CHURCH:

ST. JOHN THE BAPTIST  
Kealahou

### 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

### No More Than Enough

FR. JOSEPH JUKNIALIS

**You are the salt of the earth.** Prior to industrialization, salt was a highly valued commodity. In the Middle Ages, a ton of salt sold for thirty-three gold ducats. Much earlier, Roman soldiers were often paid in salt. Hence our word *salary*. "You are the light of the world." Like salt, light also is a valuable and necessary part of life. Without light, living plants die and human beings grow depressed.

Curiously, we only become aware of salt and light when they are absent. Food tends to be less tasty and bland without salt. And without light in the room we stumble and trip. Yet too much salt ruins food, while too much light blinds us, like when we drive facing headlights at night or stare at the sun. As valuable as salt and light are, both are at their best when unnoticed.

I offer these realities as images for persons of faith. Too much of "us" in the mix and we become the center of life, our egos blinding others to the workings of God. Yet absent, a world without persons of faith grows flat for lack of values and wisdom. Likewise, the Church. Whenever the Church draws attention to itself, whenever it is clothed with pomp and majesty, God recedes to the background. Without the Church's wisdom, however, a world hungry for meaning grows lost; charity is forgotten. We are called to be salt and light, no more than enough.

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### For Reflection

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*How do I keep a balance between too much of me in the picture and too little?*

### TODAY'S READINGS

**First Reading:** Then your light shall break forth like the dawn... **Is 58:7-10**

**Psalm:** The just man is a light in darkness to the upright. **Ps 112:4-5, 6-7, 8-9**

**Second Reading:** "Whoever boasts, should boast in the Lord." **1 Cor 2:1-5**

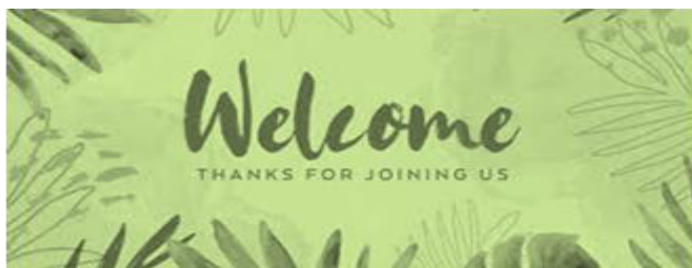
**Gospel:** Just so, your light must shine before others, that they may see your good deeds and glorify your heavenly Father. **Mt 5:13-16**

**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

*God changes the world by transforming our hearts, and this he cannot do without us. The Lord wants us to open the door of our hearts in order to enter into our lives....For when God finds an open and trusting heart, he can work wonders there.*

HOMILY BAKU, AZERBAIJAN, OCTOBER 2, 2016



## Prayer for THE PROTECTION OF THE HOLY FAMILY

Grant unto us, Lord Jesus, ever to follow  
the example of Thy holy Family,  
that in the hour of our death  
Thy glorious Virgin Mother  
together with blessed Joseph,  
may come to meet us and we may be  
worthily received by Thee  
into everlasting dwellings: who lives and  
reigns world without end. Amen.

-from The Roman Missal

February is the Month of the Holy Family

## SAINT OF THE WEEK- FEAST DAY FEBRUARY 11 SAINT PASCHAL, POPE —(DIED FEB. 11, 824)

St. Paschal was of Roman descent. He studied at the Lateran and had been abbot of St. Stephen's Monastery. He was elected Pope when Pope Stephen IV died in 817. Emperor Louis the Pious agreed to accept papal jurisdiction until his son, Lothar I came into power. Lothar presided over the trial of a group of nobles who opposed the Pope. Two papal associates who were witnesses for the emperor were found blinded and murdered. St. Paschal was accused of the crime, but denied guilt; however he refused to turn over the two murderers and said they were traitors, so secular authorities did not have jurisdiction over them. After this the emperor drew up the "Constitution of Lothar" which severely restricted the powers of papal authority in judicial and police matters.

St. Paschal also vigorously opposed the heresy of iconoclasm, the belief that icons, images and statues of religious and political persons needed to be destroyed and were considered idolatry. He gave refuge to many monks who were being persecuted in Greece by the iconoclasts. Other accomplishments included building and redecorating of many churches in Rome. He also brought relics up from the catacombs and placed them in churches. He is listed in Roman Martyrology but has never been formally canonized. He died February 11, 824.



NATIONAL  
**Eucharistic  
Revival**

The **fifth** 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** February 6

St. Paul Miki and Companions, Martyrs Gn 1:1–19

Mk 6:53–56

**Tuesday** February 7

Weekday Gn 1:20–2:4

Mk 7:1–13

**Wednesday** February 8

Weekday Gn 2:5–9, 15–17

Mk 7:14–23

**Thursday** February 9

Weekday Gn 2:18–25

Mk 7:24–30

**Friday** February 10

St. Scholastica, Virgin

Gn 3:1–8 Mk 7:31–37

**Saturday** February 11

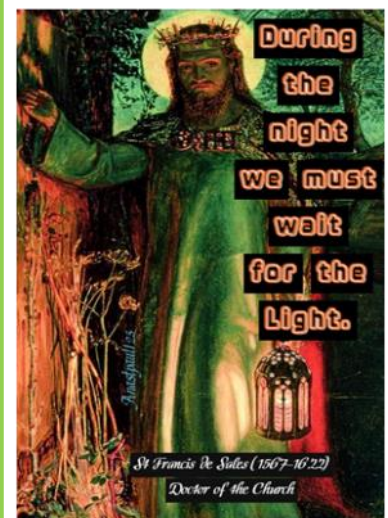
Weekday Gn 3:9–24 Mk 8:1–10

**Sunday** February 12

Sixth Sunday in Ordinary

Time Sir 15:15–20 1 Cor 2:6–10 Mt 5:17–37 or 5:20–22, 27–28, 33–34, 37

*Pray the Rosary Daily*





## Fifth Sunday In Ordinary Time

[Matthew 5:13-16]

### Treasure Hunt

1. In *Matthew 5:13*, Jesus says to His disciples: "You are the salt of the earth." What is the reference to **salt** cited in *2 Chronicles 13:5*?
2. **T/F**: In the Old Testament, newborn babies were rubbed in salt to bless them with good physical and spiritual health.
3. In *Isaiah 58:8*, Isaiah opens our eyes to the consequences of **living** Jesus' words: "You are the light of the world." What are two (2) outcomes Isaiah lays out for us.
4. In order to become the **salt** and **light** of the world, we must live the \_\_\_\_\_ that Jesus proclaimed to us in last week's Gospel.
5. **Why** are we called to do *good deeds* in our lives?

**BONUS**: Hunt for these 'treasures' in this week's bulletin insert entitled: "*Liturgy of the Eucharist: Part A*"

- a. \_\_\_\_\_ is both the most solemn and the most joyful event of every moment of our lives.
- b. The four parts of the Liturgy of the Eucharist are: Christ took bread, \_\_\_\_\_ it, \_\_\_\_\_ it, and gave it to His disciples.
- c. The part of the Mass when the priest breaks the Eucharist is called the \_\_\_\_\_.

### Answers to last week's Treasure Hunt

#### *Fourth Sunday in Ordinary Time*

-1- on a mountain; -2- "they will inherit the land"; -3- the peacemakers; -4- "for their reward will be great in heaven"; -5- "so that no human being might boast before God."

**BONUS**: a. "In the beginning was The Word ..." b. true c. gospel, homily.

† † † † LENTEN FAITH FORMATION † † † †  
GRADES 1 THRU 12

Lenten Faith Formation for grades 1 thru 12 will happen every Sunday during Lent (February 26th to April 2nd) at St. John the Baptist Hall from 11am to 12:30 pm.

Please register your child(ren) on Sunday, February 19 after the 9:30 Mass at St. John the Baptist Mission and join us for our Mardi Gras celebration.

## Dear Padre.

*Sometimes I become pretty disgusted with my life and myself. I wonder if anyone really loves me. Is there any way I can know that God loves me?*

Every human person is made in the image of God. This means that your life is infinitely precious in God's eyes. God values and loves you beyond anything you could ever imagine.

God has also placed into our hearts a yearning for love and happiness that cannot be satisfied by anything less than God. True love will not be found in riches or well-being, in fame or power. True happiness will be found in God alone, the source of all life and all love.

In New Testament times, many people believed that wealth and success were signs of favor and love from God. If disaster struck, you would assume that God was angry with you, or that you had done something wrong. Ill-fortune was a "sign" that God's love had been withdrawn from you.

Jesus turned this sort of thinking on its head. Jesus taught that God truly loves all people, including those who are down on their luck. God's love is not based on wealth, fortune, or success. Rather, God loves you because you are God's own creation, God's child, and heir to God's own kingdom.

You might find it helpful to talk over those feelings of self-disgust with a spiritual director or a confessor. Meanwhile, take comfort in the words of Isaiah: Do not fear, for I have redeemed you; I have called you by name: you are mine. (Isaiah 43:1). ●

- The Redemptorists//Dear Padre

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## 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.