



St. Benedict Catholic Church

June 11, 2023

The Solemnity of the Body and Blood of Christ

Food For The Day

FR. JOSEPH JUKNIALIS



Just as the darkest of nights brings out stars we might never notice otherwise, so is it that when we find ourselves lost in the dark of life's deserts, the slightest kindnesses can bring us to a brief oasis in a day otherwise oppressive. Most often such moments come as gifts, unearned—even undeserved. Yet they are

blessings to us. Psychologists tell us that if we find ourselves down in the dumps and depressed, we can find hope by naming three things that happened that day that were pure gifts—a phone call from a friend, a compliment, a free cup of coffee, a good bill of health from the doctor. Remembering them at the end of the day and giving thanks for them may not solve the issues that burden us, but they can put them in perspective, reminding us that life is a mix of both the good as well as the not so good. Moses urged the people to recall all that God had done for them—bringing them out of Egypt, guiding them through the desert, leading them to water, and feeding them with manna. Amid their grumbling, their remembering offered them hope and the courage to go on. Thus, what psychologists suggest is what God has been doing for us for thousands of years—that God feeds us daily in large and small ways, all without our deserving it but out of his great generosity. Remember, then, how God has fed you.

PARISH:

ST. BENEDICT, Honaunau
84-5140 Painted Church Rd.

Captain Cook, HI 96704

Phone: 808-328-2227

Fax: 808-328-8482

email: st.benedict@rcchawaii.org

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. Siegfred 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

For Reflection

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Tonight, will you think about your day and give thanks for three ways you were blessed?

TODAY'S READINGS

First Reading: "Do not forget the Lord your God..." Dt 8:2-3, 14b-16a

Psalm: Praise the Lord, Jerusalem. Ps 147:12-13, 14-15, 19-20

Second Reading: Because the loaf of bread is one, we, though many, are one body, for we all partake of the one loaf. 1 Cor 10:16-17

Gospel: How can this man give us his flesh to eat? Jn 6:51-58

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 Submission deadline: TUESDAY at 5:00pm.

WEBSITE: thepaintedchurchhawaii.org

ALOHA AND WELCOME HOME!

THE MOST HOLY BODY & BLOOD OF THE LORD



Updated Covid-19 Liturgical Directives and Cold & Flu Guidelines

Bishop Larry Silva has decided to allow parishes to restore Holy Communion under both kinds, on Holy Thursday, April 6th, at the pastor's discretion. 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. Call the office 328-2227.

Eucharist to Homebound and Hospital

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

A WORD FROM POPE FRANCIS

We who go to Mass can ask: What is it that we bring to the world? Is it our sadness and bitterness, or the joy of the Lord? Do we receive Holy Communion and then carry on complaining, criticizing and feeling sorry for ourselves? This does not improve anything, whereas the joy of the Lord can change lives.



HOMILY, ROME, JUNE 14, 2020

SOUL OF CHRIST (ANIMA CHRISTI)

Soul of Christ, sanctify me
Body of Christ, save me
Blood of Christ, inebriate me
Water from Christ's side, wash me
Passion of Christ, strengthen me
O good Jesus, hear me
Within Thy wounds hide me
Suffer me not to be separated from Thee
From the malicious enemy defend me
In the hour of my death call me
And bid me come unto Thee
That I may praise Thee with Thy saints
And with Thy angels forever and ever
Amen.



THE MONTH OF JUNE—DEVOTION TO THE MOST SACRED HEART OF JESUS

Devotion to the Sacred Heart is a wonderful expression of the Church's piety and love for Christ, her Spouse and Lord: it calls for a fundamental attitude of conversion and reparation, of love and gratitude, apostolic commitment and dedication to Christ and His saving work. Among the promises made by our Lord to St Margaret Mary was the assurance that, "Those who shall promote this devotion shall have their names written in my Heart, never to be blotted out."

Devotion to the Sacred Heart of Jesus is not one of the many pious practices merely permitted or recommended by the Church. Fundamentally, it is a devotion which is *essential* for any Christians, insofar, as it is the cult of the love of God made man for our sakes. We know that Christianity is the religion of love. "God is love and he who abides in love, abides in God and God in him" (1 Jn 4:16).

Everything flows from God's love for mankind – both the Creation and the Redemption, for God created us out of love and redeemed us with the love of His Only-begotten Son Who became man and died for us and, both the Old and the New Law, for the basis of the Old Law was "You shall love the Lord, your God, with all your heart and with all your soul and with all your strength," (Deut 6:4) and the commandment of charity, was called by Jesus His own commandment, on which His entire teaching was based. The Sacraments, especially the Blessed Eucharist, have their origin in the same infinite love. Devotion to the Sacred Heart is the worship of this infinite love, of which, it is a living symbol."

[excerpt from work of Antonio Cardinal Bacci]



Regarding the relationship of the Blessed Virgin Mary to the Holy Eucharist, Saint Augustine said, *"Of the flesh of Mary, he took flesh, in this flesh the Lord walked here, and he has given us this same flesh to eat for our salvation; and no one eats that flesh without having first adored it ... as we do not sin adoring it but sin if we do not adore it."*

*Pray
the
Rosary
Daily*



*Thou art blessed among women, Mary,
and blessed is our Eucharistic Jesus,
the fruit of thy womb!*

PRAYER FOR HEALING

○ God who are the only source of health and healing, the spirit of calm and the central peace of this universe, grant to us such a consciousness of your indwelling and surrounding presence that we may permit you to give us health and strength and peace, through Jesus Christ our Lord. Amen.

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

'Stella' Vasquez, Susan Pegelow, Bill Myers, Noah Mullen, Deb Reed, Ronald Pegelow, Joby Kanda-Alvarez, Clifford Chow Jr., Bernard Labasan, Azarias Dosdos, John Herman, Janet Katakura, Merton Ogata, Henry Borges, Rafael Ramirez, Robin Crusat, William Anderson, Linda Adkins, Gloria Grapa, Elizabeth Awa, Johnny Koene, Ruby Best, Jimmy Best.

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** June 12
Weekday
2 Cor 1:1-7 Mt 5:1-12
- TUESDAY** June 13
St. Anthony of Padua, Priest
and Doctor of the Church
2 Cor 1:18-22 Mt 5:13-16
- WEDNESDAY** June 14
Weekday
2 Cor 3:4-11 Mt 5:17-19
- THURSDAY** June 15
Weekday
2 Cor 3:15-4:1, 3-6
Mt 5:20-26
- FRIDAY** June 16
Most Sacred Heart of Jesus
Dt 7:6-11 1 Jn 4:7-16
Mt 11:25-30
- SATURDAY** June 17
Immaculate Heart of
the Blessed Virgin Mary
2 Cor 5:14-21 Lk 2:41-51
- SUNDAY** June 18
Eleventh Sunday
In Ordinary Time
Ex 19:2-6a Rom 5:6-11
Mt 9:36-10:8

**Your word, Lord,
stands forever;
it is firm as the heavens.**

**Through all
generations
your truth endures;
fixed to stand firm
like the earth.**

Psalm 119:89-90



The Most Holy Body & Blood Of Christ

[John 6:51-58]

[Deut. 8:2-3 & 14-16]

[1Cor. 10:16-17]

1. What is the **Latin** name for the *Feast of the Most Holy Body & Blood of Christ*?
2. He _____ is the source and summit of our whole Christian life.
3. According to Church teaching, **when** (precisely) during the Mass does bread and wine become the *Most Holy Body & Blood of Christ*?
4. In today's Gospel, Jesus tells the Jews: "Whoever eats my **f** _____ and drinks my **b** _____ has e _____ I _____ and I will **r** _____ him on the last day."
5. In today's First Reading, what is the "**food unknown to you and your fathers**" given by God to the Hebrews in exile?
6. In St. Paul's letter to the Corinthians, **how** do "we though many" become "one body"?

BONUS: Who is the little-known saint responsible for the establishment of the Solemnity of this Sunday's Mass?

Answers to Last Week's Treasure Hunt
Solemnity of the Most Holy Trinity

-1- loved, His only Son, believes, eternal life; -2- (any 2) merciful, gracious, slow to anger, rich in kindness and fidelity; -3- in the Greeting at the beginning of Mass -4- Mystery, Faith, revealed; -5- sign of the cross.

How many are they that say: how I should have wished to see his fair form, his figure, his clothes, his shoes! **WHY HERE YOU SEE HIM, YOU TOUCH HIM, YOU EAT HIM**, and while you are longing to see his clothes, **HE GIVES YOU HIMSELF**, not only to look at but to touch, and to eat, and **TO RECEIVE WITHIN YOU**.

-ST. JOHN CHRYSOSTOM-

Dear Padre

I'm eighty-one. When I received first Communion, the nuns told me not to chew the Holy Eucharist, but to let it melt in my mouth. Is it wrong to chew it?

It is permitted to chew the host or to let it dissolve in your mouth. The hosts today must be unleavened and made only of flour and water, making it easier for some communicants to dissolve it in their mouths. Unleavened bread doesn't mold or spoil and is more suitable than leavened bread for exposition and adoration. However, for nearly 800 years, the Church used leavened wheat bread for the Eucharist before unleavened wheat bread was introduced into the Roman rite. Communicants would have had to chew the Eucharist before the modern waferlike host evolved. Your first Communion instruction on the proper way to consume the Eucharist was an effort to instill in you a deep reverence for the Real Presence of Christ. This profound respect for our Lord in the form of consecrated bread and wine is still desired by the Church. For example, at Mass the priest "reverently consumes the Body of Christ" and "reverently partakes of the Blood of Christ" (*General Instruction of the Roman Missal*, 158). Similarly, "when receiving Holy Communion, the communicant bows his or her head before the Sacrament as a gesture of reverence and receives the Body of the Lord from the minister" (*GIRM* 160). Today's Solemnity of the Most Holy Body and Blood of Christ is a special day for us to remember Jesus' gift of his own body that we might be nourished and strengthened for this life's journey.

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 June 23, 2023.**

MAHALO FOR THE FRUIT!

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



www.eucharisticrevival.org



www.eucharisticcongress.org