



# St Benedict Parish St. John the Baptist Church

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.

**Reflect: Why does helping another lift our own spirits?**

**\*ST. BENEDICT "The Painted Church" 84-5140 Painted Church Rd. Captain Cook, HI 96704**  
**Phone 808-328-2227 Fax: 808-328-8482**

Mass times: ST. BENEDICT Saturday 4:00 p.m. Sunday 8:00 a.m.

\*ST. JOHN THE BAPTIST 81-6410A Hawaii Belt Rd. Kealahakua Saturday 6:00 p.m. Sunday 10:00 a.m.

Confession: Sat. 9-11

St. Benedict Church

email: [st.benedict@rcchawaii.org](mailto:st.benedict@rcchawaii.org)

## NEW ON LINE GIVING HUB



<https://www.osvhub.com/thepaintedchurchhawaii/giving/funds>

**OR** [Thepaintedchurchhawaii.org](https://www.thepaintedchurchhawaii.org) to find the **new QR code** to click or use your camera and touch the address on the screen to go to the site for Online Giving. **We are ending our contract with PayPal.**

**Please call 816-520-1350 with questions. You can check it out and check it out without using it just to see how easy it can be to use now or in the future.**

# He Saw Something in Them

Jesus' metaphor for his disciples "You are the salt of the earth" may not seem that noteworthy to us living Matthew 5:13-16 • Salt of the earth, light of the world Q in a time when salt is just one very common seasoning among dozens in the food we eat. Yet in Jesus' day, salt was one of the few seasonings used regularly in a diet that was much more restricted—we might even say "boring"—than the rich variety of foods we have access to today. For that reason alone it was a precious commodity. Not only was salt used as the primary flavoring of his time, but it was also used to preserve fish and meat in the days before refrigerators and freezers. Salt was so precious that Roman soldiers were sometimes paid in salt, or given allowances to buy it. When Jesus tells his disciples they are "salt of the earth" and "light of the world" (in a world where there was no such thing as artificial light at the flip of a switch) he was saying something! He was talking to people who were not wealthy, well-educated, or high-ranking in society, so this was probably news to them. They probably would have been surprised to hear this, a bit proud, and very likely eager to rise to the challenge for someone who saw such goodness and potential in them. Jesus had high expectations for them which gave them a chance to grow into their new role as salt and light for the world.



## Mass intentions

**FEBRUARY 7-FEBRUARY 8, 2026**

### SATURDAY

**4:00 PM +Chester & Stella Operacz**

**6:00 PM Grimaldi, Ratcliffe, Johanson families in Thanksgiving**

### SUNDAY

**8:00 Missa Pro Populo**

**10:00 +Maribeth Lawrence**

**WEEKDAYS February 10-13, 2026**

**Tues. +Edward & Winifred Kendeziorski**

**Wed. +Hunter Everly**

**Thurs. +Elizabeth Turner Kerr, +John Kerr, +Niaulaokalani Kerr**

**Friday Sanchez Family, sp. Int**

## Stewardship of Treasure Mahalo for your generosity!

**Jan 31-Feb 1, 2026**

**Collection \$ 3862.00**

**Maintenance 56.00**

**Food Pantry 280.00**

**Total 4198.00**

**Attendance Jan. 31-Feb. 1, 2026**

**St. Benedict 79 6**

**St. John 99 13**

**TOTAL 178 19**

## Questions of the Week

**1** When have you had an experience of someone seeing something good and noteworthy in you that others didn't see? How did that recognition affect you?

**2** How might Jesus be calling you to let "your light shine before others" this week?

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FOR STRENGTH, PEACE  
AND HEALING,  
MERCIFUL GOD, HEAR  
OUR PRAYERS.

\*Linda Alcain  
\*Nasi Fernandez  
\*Terrance Terada  
\*Hano Grace  
\*Craig Camello  
\*Pam Shultise  
\*Merla Kline  
\*Paul Ruskey  
\*Carla Vonderahe  
\*Mahina Kaupiko  
\*John Sanchis  
\*Kamala Galletes  
\*Hank Silva  
\*Miriam Janczak  
\*Joevelyn Delas Reyes  
\*Gwen Menchaca  
\*Deb Reed  
\*Gloria Grapa  
\*William Anderson  
\*Elizabeth Awa  
\*Johnny Koene  
\* Friends

## IMPORTANT: “To lift your own spirit” and their spirit!

Volunteer Chaplains Needed ! St. Benedict’s, St. John the Baptist and St. Michael’s have all participated in taking communion to Catholic patients at Kona Community Hospital for many years! The hospital calls it their Hospital Chaplain Program. We are currently in need of several volunteers to visit our Catholic patients and offer them communion and/or prayer once or twice a month. The nice part of this ministry is that you pick the date(s) you are available and go anytime during visiting hours. To volunteer, your parish must qualify you as a Eucharistic Minister of Holy Communion. Kona Hospital would ask that you complete their volunteer paperwork and orientation. Volunteers go at times that are convenient for them, and visits generally require an hour or less of your time. If you are able to volunteer, **please call Frances Vasquez at 505-328-1727. Thank you!**

### MONDAY February 9

Weekday 1 Kgs 8:1–7, 9–13  
Mk 6:53–56

### TUESDAY February 10

St. Scholastica, Virgin  
1 Kgs 8:22–23, 27–30, Mk  
7:1–13

### WED. February 11

Weekday 1 Kgs 10:1–10 Mk  
7:14–23

### THURSDAY February 12

Weekday 1 Kgs 11:4–13 Mk  
7:24–30

### FRIDAY February 13

Weekday 1 Kgs 11:29–32;  
12:19. Mk 7:31–37

### SATURDAY February 14

Sts. Cyril, Monk, and Meth-  
odius, Bishop 1 Kgs 12:26–  
32; 13:33–34 Mk 8:1–10

### 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

## LOOKING AHEAD

- † **Hawaiian Mass** (Food Pantry share Sunday) St. Benedict 8:00 Feb. 8, 2026 Refreshments following 8:00 Mass. Please watch for a collection container at all 4 MASSSES, The recipients who will come to the **Food Pantry** Friday ,February 13th will be very appreciative of your generosity and of our volunteers’ 3 days, given in preparation.
- † Vicariate Meeting Tuesday Feb. 8th, 10:00-12 Lunch following Stewardship Committee Meeting Wednesday, Feb. 9 (Please Note changes) at 6:00, **St. Benedict Lanai.**
- † Please Bring last years blessed dried Palm branches, to be burned very soon for Ash Wednesday distribution.
- † **ASH WEDNESDAY Feb.18.** Mass **St. Benedict 7 AM , St. John 6PM**
- † **Every Friday of Lent, Stations of the Cross - St. Benedict Feb. 20 at Noon. Outside**, or if it rains, inside the church. Any groups or families are welcome to come any day between **6AM & 6PM** when **The St. Benedict gate will be open.**



## Fifth Sunday in Ordinary Time

### Treasure Hunt



[Matthew 5:13-26, Isaiah 58:7-10, &  
1Corinthians 2:1-5]

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*?  
[HINT: a little deeper dive for “treasure” here]
  2. What is the **worth** of salt that has lost its taste?
  3. What **two** objects does Jesus use to make His statement: “You are the light of the world” more tangible to His disciples.?
  4. For what **two** (2) **reasons** must the disciples (and **our**) light shine?
  5. 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.
- St. Paul tells the Corinthians that faith lies **not** in \_\_\_\_\_ wisdom, but on the \_\_\_\_\_ of God.

### Answers to Last Week’s Treasure Hunt

#### Fourth Sunday in Ordinary Time

-1- up a mountain; -2- they will inherit the earth; -3- the peacemakers; -4- those who have been insulted, persecuted and have been falsely maligned; -T (true); -7- to shame the wise, to shame the strong, and to reduce to nothing those who are something.

DEAR VISITOR TO ST. BENEDICT CATHOLIC CHURCH, ALOHA! THANK YOU FOR VISITING US TODAY! WE WISH YOU A BEAUTIFUL EXPERIENCE AND THAT YOU LEAVE ST. BENEDICT’S, TODAY, REFRESHED IN SPIRIT AND WITH PEACE IN YOUR HEART! SINCE THE EARLY DAYS OF THE CHURCH, IT HAS BEEN A CATHOLIC TRADITION TO OFFER A “MASS INTENTION”. THIS IS A WAY OF REMEMBERING A PERSON AND LIFTING THEM UP IN PRAYER. YOU MAY ASK THE GREETER FOR A FORM AND ENVELOPE.

## 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.

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

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 greed.

HOMILY, ROME, JUNE 7, 2025

