

St Benedict Parish St. John the Baptist Church

June 21, 2026

12th Sunday in Ordinary Time

Today's readings call us to tackle the challenging issues of fear and trust — two concepts that must be confronted and dealt with by all of us who wish to live the stewardship way of life.

The Lord knows that facing down our fears and choosing to trust Him with all areas of our lives is an ongoing challenge for us. He is generous with reassurances to us throughout the Scriptures. Today's Gospel passage from Matthew is a case in point. In the span of eight verses, Jesus addresses the topic of fear four times.



- "Fear no one."TFV
- "Do not be afraid of those who kill the body but cannot kill the soul."
- "Rather, be afraid of the one who can destroy both soul and body."
- "So do not be afraid."

And the reassurance continues. "Are not two sparrows sold for a small coin? Yet not one of them falls to the ground without your Father's knowledge. Even all the hairs of your head are counted." Notice that Jesus says, "your Father" in describing God's intimate knowledge and tender care for each one of us. He is truly "Abba," our Dad, Who knows us inside and out.

With that, let us all breathe a huge sigh of relief. All is well. Our Father knows us through and through, sent His Son to save us, and will always take care of us.

Let's stop wasting any more time with fear. Instead, let's put all our energy, all our time, our talents, and our treasure into trusting this great and loving God, using all that we are and all that He has given us to bring Him glory. ©Catholic Stewardship Consultants www.CatholicSteward.com



***ST. BENEDICT "The Painted Church" 84-5140 Painted Church Rd.**

Captain Cook, HI 96704 Phone 808-328-2227

thepaintchurchhawaii.org Fax: 808-328-8482

**Mass : ST. BENEDICT Saturday 4:00 p.m. Sunday 8:00 a.m. Capt. Cook
Tuesday-Friday 7 am**

***ST. JOHN THE BAPTIST 81-6410A Hawaii Belt Rd. Kealahou**

Saturday 6:00 p.m. Sunday 10:00 a.m. Confession: Sat. 9-11 a.m.

St. Benedict Church email: st.benedict@rcchawaii.org

Pastor Administrator : Fr. William Quiamjot (Ke-yam-hoat) wquiamjot@rcchawaii.org

Business Manager Susan Keen Office Phone 808 328 2227 Secretary Carlyne Craven



MONDAY June 22
Weekday 2 Kgs 17:5–8, 13–15a, 18
Mt 7:1–5

TUESDAY June 23
Weekday 2 Kgs 19:9b–11, 14–21,
31–35a, 36 Mt 7:6, 12–14

WEDNESDAY June 24
The Nativity of St. John the Baptist
Is 49:1–6 Acts 13:22–26 Lk 1:57–66,
80

THURSDAY June 25
Weekday 2 Kgs 24:8–17 Mt 7:21–29

FRIDAY June 26 Weekday 2 Kgs
25:1–12 Mt 8:1–4

SATURDAY June 27
Weekday Lam 2:2, 10–14, 18–19
Mt 8:5–17

SUNDAY June 28
Thirteenth Sunday in Ordinary Time
2 Kgs 4:8–11, 14–16a Rom 6:3–4,
8–11, Mt 10:37–42

HOLY RULE OF ST. BENEDICT
St. Benedict originally intended this text for use in monasteries. St. Benedict highlights the importance of peace, prayer, work, sacrifice, humility, frugality, and obedience. His guidelines are to aid those in the pursuit of godliness, and he shares how individuals should relate to each other, authority, and guests. *The Rule of St. Benedict* provides tangible advice regarding how a community of Christians can cultivate contented souls that are modest and free from want. (Summary by Emmalon Davis)

Stewardship of Treasure Mahalo for your generosity!

June 13-14, 2026

Collection	\$ 1511.00
Immaculate Con.	50.00
Maintenance	20.00
Food Pantry	<u>205.00</u>
Total	\$1736.00

Attendance

St. John	74	16
St. Benedict	<u>94</u>	<u>15</u>
	168	31

thepaintedchurchhawaii.org

We do not accept PayPal but this OSV QR Code is easy to use and offers choices for ministries you choose to support for St. Benedict and/or St. John.



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

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

Mass intentions

June 20-21 2026

SATURDAY

4:00 PM + Bernice Gabriel
(Mother of Glenda Sugi)
+Nelly Beltz

6:00 PM Mark Rhoads, health
+June Madden

SUNDAY

8:00 For those who have lost
their path to God

10:00 +Fr. Michael Troha

+WEEKDAYS

June 23-26, 2026

Tuesday +Don & Carmen
Toppmeyer +Liszeuski Family
Wednesday +Bruce Crosby
Thursday Grimaldi, Ratcliffe &
Johanson families in
thankfulness

Friday +Nick & Rita Mersch
+Juanita & Dana Bartlett



A WORD FROM POPE LEO XIV It is wonderful to think that, when we consider our individual calling...each of us can say with confidence: "Despite my weakness, the Lord is not ashamed of my humanity. Instead, he comes to dwell within me. He accompanies me with his Spirit; he enlightens me and makes me an instrument of his love for others, for society, and for the world." REGINA CAELI, ROME, MAY 25, 2025

St. Benedict Feast Day Celebration
Sunday, Unity Mass, July 12,
10:00 am

Entertainment

Potluck Lunch

Games & Prizes

St. Benedict Chapel.

To Do Sign up for a main dish

Deserts furnished by the church

Drinks furnished by the church

GOOD NEWS FR. THOMAS M. SANTA, CSSR

Secrets. The disabling fear of discovery. Trying so hard to conceal something that we do not want others to know. Often, we guard secrets closely because we believe we will be embarrassed, punished, or excluded if our secrets are made known. Sometimes, we hold tightly to secrets because we are ashamed. We keep other secrets because of the dynamics of family life: “We do not share our family business with anyone.” All secrets can be difficult to keep—some more than others. Perhaps the most difficult secret to hold is one that we fear defines our personal integrity and authenticity. It is the fear not only of discovery but also of perception: How will I be perceived if this is made known? Will I still be accepted? Or, even more painful: Will I be rejected, and how complete will the rejection be? The “good news” of the gospel is that “nothing is concealed that will not be revealed” (Matthew 10:26). In other words, there is nothing that can remain tucked away forever. Everything is revealed in one way or another. Gospel grace and freedom result when a person chooses to freely release whatever it is that burdens them, including closely held secrets. It is the ultimate experience of dying to self to claim eternal life. ●

REFLECT

What am I afraid to reveal to others?

DEAR PADRE

For the past year or so, I have been trying to pray on a regular basis, but I am constantly distracted. My mind wanders so easily. Do you have any suggestions? Distractions in prayer are an inescapable part of the human condition and the results of our imagination. Even great saints experienced distractions in prayer. Some of their suggestions may help. For example, when St. Thérèse of Lisieux struggled with prayer, she would recite an Our Father or Hail Mary or read from the gospels. Praying as an act of faith or returning to God’s presence and love can turn our focus away from other concerns, but, even then, distractions may still arise. When we become aware of distractions, we should calmly renew our focus and continue our prayer. Saint Teresa of Ávila wrote in *The Interior Castle*, “We should not be distressed by reason of our thoughts, nor allow ourselves to be worried by them.... [Thoughts are] inevitable. Do not let [them] disturb or grieve you.” No matter how often distractions return or how long they last, they are not sinful; rather, they are opportunities to show God that we are sincere about praying. Saint Alphonsus, another great teacher of prayer, reminds us that prayer is necessary, beneficial, and always possible. He advises us to hang in there, because the devil would like nothing better than for us to stop praying. ●
The Redemptorists / DearPadre.org

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, 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.

