



# *Co-Cathedral of St. Theresa of the Child Jesus*

712 North School Street, Honolulu HI 96817

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Website: [www.cocathedral.org](http://www.cocathedral.org)    @hicocathedral #hicocathedral

## *February 1, 2026 - Fourth Sunday in the Ordinary Time (A)* *~ Blessed Are You! ~*

**Zephaniah 2:3; 3:12-13; Psalm 146:6-7,8-9,9-10; 1 Corinthians 1:26-31; Mathew 5:1-12a**

"Blessed are the poor in spirit; the kingdom of heaven is theirs!" (Mat 5:3). What does it mean to be "poor in spirit"? Who are the poor in spirit? And why are they blessed?

In the Old Testament, there were people known as the "anawim," meaning the "poor people of God." They did not rely on worldly means such as material wealth, military strength, or political influence to face life's difficulties. Instead, they relied solely on God to provide, nourish, protect, support, guide, and lead them. They believed that God has a special heart for the poor and will never abandon them in their need. The prophet Zephaniah described them as humble and lowly people who took refuge in the name of the Lord (cf. Zep. 2:3).

Although the "poor" is not so much an economic status in Matthew's gospel as it is an attitude or disposition, it is still understood as the character of the "anawim." The poor in spirit is a disposition of utter dependence on God, recognizing that the world's material wealth is nothing compared to what God promises, and acknowledging that everything, whether good or bad, is the working of Divine Providence, and that apart from God, one can do nothing.

This disposition, the poor in spirit, is declared blessed by our Lord Jesus. They will find true happiness and meaning in life in any circumstance, and their reward will be great in heaven (Mat. 5:12). To wit, the poor in spirit:

- In times of serious problems, I will say: "I am heartbroken because of these problems, but I will be okay because the Lord's presence comforts me and helps me find a solution to them."
- In times of conflict, we will say: "Let us be calm, remain reasonable, respectful, and open to dialogue, and let our conscience guide us. God knows who among us is right or wrong."
- In times of great failure, I will say: "Yes, I am failing and hurting now, but I believe this is a temporary setback. The Lord will guide me to another door of opportunity, because there is always sunshine after every rain."
- In times of trial and persecution, we will say: "I am a victim of injustice, but I will remain strong and steadfast because the Lord will rescue me, defend my cause, and justify me in his mercy."

In other words, the "poor in spirit" are blessed not because they lack money, influence, or power, but because they have God, who owns and controls everything. God favors those who rely on nothing but God (1 Cor 1:28). God is their all and above all.

Blessed are the poor in spirit; the kingdom of heaven is theirs!

However, it is all right to become rich, as long as one remembers that God owns everything and uses wealth to help those in need. In giving and sharing, one finds joy and consolation. There is nothing wrong with becoming famous, as long as one remembers that God is the source of all that is good and remains humble.



In doing so, one inspires others and earns respect. It is also okay to become powerful, as long as one acknowledges that God is the Almighty One and uses that power to serve others. In serving, one finds meaning, peace, and contentment.





## A Journey of Joyful Witness to Doing all things with Love.



### We worship what we believe; we live what we worship. Gestures in the Holy Mass: PROCESSION

In the celebration of Mass, we raise our hearts and minds to God. As creatures of body and spirit, we do not confine our prayer to our minds and hearts. It is also expressed through our bodies. When our bodies are engaged in prayer, we pray with our whole person. Using our entire being in prayer helps us pray with greater attentiveness. The gestures have profound meaning and, when performed with understanding, can enhance our participation in the Mass.

Every procession in the Liturgy is a sign of the pilgrim Church, the body of those who believe in Christ, as it journeys toward the Heavenly Jerusalem. The Mass begins with the priest and ministers processing to the altar. The Book of the Gospels is carried in procession to the ambo. The gifts of bread and wine are brought to the altar. Members of the assembly come forward in procession to receive Holy Communion. We who believe in Christ are moving through time toward the moment when we will leave this world and enter the joy of the Lord in the eternal Kingdom he has prepared for us.



The Order of Christian Initiation continues their faith formation sessions this **Tuesday – Feb. 3<sup>rd</sup>**

and concludes their journey of the sacraments by exploring the **Sacraments of Service: Holy Orders & Holy Matrimony.**

If you are interested in deepening your relationship with Christ, please join us at **6:30pm this Tuesday in Room 210.**

For more information, please contact the parish office @ (808)521-1700.



**HIGH BLOOD PRESSURE (NUTRITION & EXERCISE)**

HEALTH

**Chaminade University Public Health**



712 N School St, Honolulu, HI 96817



**FREE Blood Pressure screenings**



**February 1st, 2026**



**6:30am to 12:30pm**



**Join us for games and prizes!**



## FITNESS LINE DANCE

... GET FIT & DANCE YOUR STRESS AWAY !



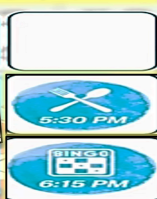
**ALL AGES WELCOME**

TUESDAYS AT PARISH HALL  
6:30 pm TO 8:30 pm  
(\$5 donation)  
Instructors: Gus & Mimi Jarra

Let's dance! Don't forget to bring your water bottle!

**Save the date!**

## ST. THERESA SCHOOL PA'ANI PEPA



Doors open 5 PM, Dinner at 5:30 PM, and Gameplay at 6:15 PM @ STS Hall

\*\*\*Get your free game card and raffle ticket at the school office on school days between 12-3 PM only.

# Weekly Offering Report

## For January 19, 2026 - January 25, 2026



St.TheresaSchool@Beavers808

Sttheresaschool808

Website: [www.stshi.org](http://www.stshi.org)

### Weekly Collections Online Giving

SUNDAY Mass Offering	\$ 9,572.00	\$ 1,003.15
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\*\*\* Looking for convenient, safe and secure way of giving to our church? We have online giving feature in our website, just click on the link and go through the easy-to-follow steps to go about it. We also have a Giving Kiosk beside the statue of St. Damien. Please have a look at these methods for your church contributions. We thank you for your continued support in fulfilling the mission of the Co-Cathedral of St. Theresa. \*\*\*

We will provide a complete report on the donations and updated expenses for the church fence and security project as soon as they are available. In the meantime, we would like to encourage you to reflect and pray to consider donating more towards the church fence and security project the construction of which is in progress. Please continue to pray with us for the completion of this important project for the safety and security of our church and school.

Parish Savings with the Diocese as of December 31, 2025 \$ 28,870.44  
Outstanding PV Loan with the Diocese as of December 31, 2025 \$ 281,028.46

### Second Collections:

February 7-8 for the Augustine Educational Foundation  
February 14-15 for the St. Theresa School Assistance

*Mahalo for your generosity.*

### SCHOOL OFFICE STAFF AND FACULTY MEMBERS

- Principal/Music 1-8 - Conception (Bernie) Gora
- Vice Principal/Math 8 & Discovery - Lauren Ramirez-Asaeda
- Executive Administrative Assistant/LA 6 - Faith Leasiolagi
- Admission Clerk/Office Assistant - Stephanie Lou Odayog
- Dean of Discipline/Athletic Director/4 & 5 Health/Art - Francine Caetano-Fontanilla
- Preschool Director/Teacher - Magdalena Collins
- PK-8 PE & MS Health - Jayven Bumanglag
- Preschool Aide - Elaine Jane Gonzalez
- Kindergarten Aide & Resource Teacher - Lenie Macadangdang
- Kindergarten Teacher - Leilani Tanaka
- PK, Kindergarten Religion & Liturgy Coordinator - Sr. Ana Fua Dela Cruz, SPC
- 1st Grade - Marvin Macadangdang
- 2nd Grade/Sacramental Prep - Faith Afu
- Creative Music K-3 - Johnelle Silva
- 3rd Grade Teacher - Sibel Mestanova
- 4th Grade Teacher - Laura Gabriel
- 5th Grade Teacher - Taiena Finau
- Middle School Social Studies & Math 6 - Alyssa Yabes
- 7 & 8 Language Arts/7 & 8 Home Economics - Dr. Frances Wong
- Middle School Religion - Shaun Agtarap
- Math 7 - Christian Raquepo
- Middle School Japanese/7 & 8 Arts/ Marketing - Tiani Quon
- MS Science - Peter Park
- Permanent Sub - Bernadette Lopez
- Maintenance - Edwin Kaaihue
- Custodian - Romeo John Cabarrubias



# Ash Wednesday

REMEMBER THAT YOU ARE DUST,  
AND TO DUST YOU SHALL RETURN.



## February 18

Mass Schedule: 6:30 am  
8:00 am - with STS  
5:30 pm  
7:00 pm - Vietnamese Mass

\*Novena to OLPH, confession and Holy Hour are cancelled.





**:We are in need of volunteers:**

Anyone interested to help please call the Parish office  
at (808)521-1700 so we can put you on the schedule.  
**Mahalo!**

## PARISH OFFICE HOURS

Monday - Friday  
from 8:00 am - 4:30 pm  
(Closed during Lunch break from 12:00 - 1:00 pm)

Saturdays  
from 8:30 am - 12:00 pm  
Sundays  
from 7:30 am - 11:30 am

## MASS SCHEDULES

### Sunday Mass

6:30 am, 8:30 am, 10:30 am & 6:00 pm

**Saturday Vigil:** 5:00 pm

### Daily Mass

Mon – Thurs: 6:30 am

Fri – Sat: 8:00 am

### Vietnamese Mass (VHM)

Daily Mass:

Mon. Tues. & Thur. at 5:30 pm

Saturday Vigil at 7:00 pm

Sundays at 3:30 pm

### Holy Hour/Benediction of the Blessed Sacrament and Confession

Wednesdays

Our Lady of Perpetual Help Novena at 6:00 pm

Holy Hour/Benediction & Confessions at 6:15 pm

(First Wednesdays of the month with Bishop)

## PASTORAL TEAM & PARISH STAFF

### Fr. Manuel Hewe

Pastor

### Sr. Mercedita Estrella, SPC

Dir. of R.E. & Pastoral Associate

### Tyra Lamb

Safe Environment Liaison

### Pinky Mendoza

Office Coordinator

### Jennifer Asuncion

Office Secretary

### Francis Leasiolagi

Deacon

### Jonathan Lam

VHM Deacon

### Bernie Gora

Director of Music

### Ray Lamb

Deacon

### Roy Matsuo

Retired Deacon

### Fr. Anthony Tran

VHM Chaplain

### Ryan and Ashley Agcaoili

Coordinators of Youth Ministry

### Grace Young

Communications Coordinator

### Earl Morita

Church Grounds Maintenance

### Samy Ratum

Facilities Custodian

### Noraliza Tapecc

On-Call Church Custodian

### Felipe Tan

Accountant

### Joan Mabag

Custodian

*"How lovely is Your  
dwelling place, O  
Lord God of Hosts."  
Psalm 84:1*



## Daily Mass Readings

[www.usccb.org](http://www.usccb.org)

**February 2, 2026**

*Feast of the Presentation of the Lord*

Malachi 3:1-4; Hebrews 2:14-18;

Luke 2:22-40 or 2:22-32

**February 3, 2026**

*Tuesday of the Fourth Week in  
Ordinary Time*

2 Samuel 18:9-10, 14b, 24-25a, 30-19:3;

Mark 5:21-43

**February 4, 2026**

*Wednesday of the Fourth Week in  
Ordinary Time*

2 Samuel 24:2, 9-17; Mark 6:1-6

**February 5, 2026**

*Memorial of Saint Agatha,  
Virgin and Martyr*

1 Kings 2:1-4, 10-12; Mark 6:7-13

**February 6, 2026**

*Memorial of Saint Paul Miki and  
Companions, Martyrs*

Sirach 47:2-11; Mark 6:14-29

**February 7, 2026**

*Saturday of the Fourth Week in  
Ordinary Time*

1 Kings 3:4-13; Mark 6:30-34

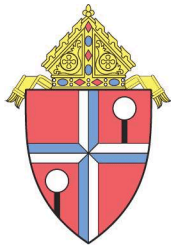
**February 8, 2026**

*Fifth Sunday in Ordinary Time*

Isaiah 58:7-10; 1 Corinthians 2:1-5;

Matthew 5:13-16





ROMAN CATHOLIC CHURCH IN THE STATE OF HAWAII  
**DIOCESE OF HONOLULU**  
WITNESS TO JESUS

## Memorandum

TO: All Clergy, Religious Orders, Catholic Schools & Parishes

FROM: Rev. Alfred Omar Guerrero, Director of the Office of Worship

DATE: January 29, 2026

RE: **Diocese of Honolulu 2026 Lenten Regulations**

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### FASTING

- ❖ In the dioceses in the United States, Catholics aged 18 through 59 are bound to fast on both Ash Wednesday (**February 18, 2026**) and Good Friday (**April 03, 2026**).
- ❖ To *fast* means to consume one full meal a day at most, although taking of other, smaller quantities of food at the other customary mealtimes is permitted. Food and drink between meals (excepting water and medicine) is not permitted on days of fasting.

### ABSTINENCE FROM MEAT

- ❖ Catholics aged 14 and up are to abstain from meat on Ash Wednesday, all Fridays of Lent, and Good Friday.
- ❖ To abstain means refraining from eating the flesh, marrow and blood products of beef, veal, pork, or poultry at least, although eggs and milk products are acceptable. The consumption of fish and shellfish is permitted, though the penitential character of the abstinence should be kept in mind.

### EASTER DUTY

- ❖ All the faithful, after they have been initiated into the Most Holy Eucharist, are bound by the obligation of receiving Communion at least once a year. This precept is to be fulfilled during the Easter Season unless it is fulfilled, for a just cause, at some other time during the year. This period is extended to include all the weeks of Lent and the Easter Season up to Trinity Sunday (**May 31, 2026**).

### LENTEN PRACTICES

- ❖ The faithful are encouraged during Lent to attend daily Mass, receive Holy Communion, participate in penance services, and receive sacramental absolution; to take part in public and private exercises of piety, give generously to works of religion and charity, perform acts of kindness toward the sick, aged, and the poor; to practice voluntary self-denial, especially regarding food, drink, and worldly amusements; and to pray more fervently, particularly for the intentions of the Holy Father.

- ❖ Ash Wednesday, the first day of Lent, falls this year on **February 18, 2026**. Ashes are to be blessed as a sign of our entry into a season of conversion, repentance, and reconciliation. Ashes are to be blessed by a bishop, priest, or deacon. Others may be associated with the clergy in the distribution of ashes.
- ❖ Funeral Masses may not be celebrated on Holy Thursday, Good Friday, or Holy Saturday, nor on the Sundays of Lent. When pastoral reasons require that a funeral be celebrated on these days, only a Funeral Outside of Mass may be held.
- ❖ To afford the faithful opportunities to participate in Lenten prayer services, pastors are encouraged to have such prayer services at least twice a week, including the Way of the Cross on Fridays, Exposition and Benediction, Evening Prayer, and evening Masses. A homily or instruction should be included.

### **BLESSING OF THE OILS AND CONSECRATION OF THE CHRISM**

- ❖ In order to allow participation of Catholics throughout the islands, the Sacred Oils will be blessed during the Chrism Mass to be celebrated in several locations. All the faithful are encouraged to join in one of the following celebrations:
  - a. Maui-Lanai: **Tuesday, March 3<sup>rd</sup> at 7 p.m., St. Anthony Church, Wailuku.**
  - b. Big Island: **Tuesday, March 24<sup>th</sup> at 5:30 p.m., St. Joseph Church, Hilo**
  - c. Kauai: **Thursday, March 26<sup>th</sup> at 6:00 p.m., Immaculate Conception Church, Lihue.**
  - d. Oahu-Molokai: **Tuesday, March 31<sup>st</sup> at 7 p.m., Co-Cathedral of St. Theresa, Honolulu.**

### **THE SACRED PASCHAL TRIDUUM**

- ❖ “Since Christ accomplished his work of human redemption and of the perfect glorification of God principally through his Paschal Mystery, in which by dying he has destroyed our death, and by rising restored our life, the sacred Paschal Triduum of the Passion and Resurrection of the Lord shines forth as the high point of the entire liturgical year” (*Universal Norms on the Liturgical Year and the Calendar*, #18). Three major liturgical principles may be of help here:
  - a. The Triduum may be viewed a single liturgical action that occurs over a period of three days.
  - b. The Triduum is not part of Lent, but in its entirety, celebrates the Easter event.
  - c. The entire focus of the Triduum is on the Triumph of the Cross and the Resurrection.
- ❖ The Paschal Triduum begins on Holy Thursday, **April 02, 2026**, with the Mass of the Lord’s Supper until the evening of Easter Sunday, **April 05, 2026**. Good Friday of the Lord’s Passion is on Friday, **April 03, 2026** and the Mass of the Resurrection of the Lord at the Easter Vigil is on **Saturday, April 04, 2026**.