



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

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## June 21, 2026 - Twelfth Sunday in Ordinary Time (A)

### *Fear No One!*

**Jeremiah 20:10-13; Psalm 69:8-10,14,17,33-35; Romans 5:12-15; Matthew 10:26-33**

“Fear no one!” This is the theme of this weekend's readings from Sacred Scripture. We all experience fear, and we cannot ignore it. But Jesus gives us the courage to overcome it.

There are several forms of fear, and two stand out: acute and chronic fear. We can recall one instance of acute fear: the false alert we received on our cell phones on January 13, 2018. It was a threat of a ballistic missile attack on the Hawaiian Islands. Fear overwhelmed most people then, and it disappeared as soon as the danger passed, leaving us with only a bad memory. By contrast, chronic fear is dangerous. It may stem from different layers of life experience and lives within the person, often interfering with the person's ability to function and relax. Of course, this needs careful medical attention, therapy, and prayer.

Fear is healthy and even helpful. It serves a protective purpose; it triggers an instinctive "fight-or-flight" response, enables us to respond quickly to protect ourselves, and sometimes results in remarkable courage and strength. But fear becomes evil only when it prevents a person from living. It is paralyzing and damaging when it causes a person to shut down. It can also become an excuse for inaction. A person who is always anxious suffers twice over. Someone said that anxiety had become the illness of the century, and it is one of the leading causes of the increase in heart attacks.

Yes, we cannot ignore the reality of fear. Fear is real and stands out from all other emotions because it is the only one that holds us back. Our Liturgical readings this Sunday offer us a remedy for fear. In our first reading, the Prophet Jeremiah expressed his anxiety about the terror surrounding him and his helplessness before his persecutors. He acknowledged his fears, yet he believed in God and hoped to be victorious over those who threatened to kill him, trusting that God would save him according to his wisdom (cf. Jer. 20:10-13). In a similar way, St. Paul is convinced that total faith in Jesus will help us overcome fear and be courageous in the face of adversity (cf. Rom 5:13-15).

Our Lord Jesus summed up all this by telling his disciples that they are valued before God the Father, namely that the Father knows each of them. To emphasize his point, he said that even all the hairs on their heads are counted. He then said, "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 in Gehenna" (Matt 10:28). The disciples should not fear any human agent or any form of worldly force that can kill only the body, not the soul. These forces may impose suffering and death on the body but have no power over the soul. In this way, Our Lord Jesus uses the distinction between body and soul to contrast the relative value of earthly life with the Absolute Good: eternal life in heaven (cf. CCC 363). Jesus wants his disciples and all of us to hold fast and not lose our souls for eternal life.

The remedy for fear is to trust God the Father and believe in his providence. It took the disciples time to cultivate the courage of faith, but they did so by God's grace. The same grace is offered to all who learn to surrender their lives to him. St. Theresa of the Child Jesus exemplified this surrender through childlike trust in God and perfect love. Her words: “It is the confidence of the little child who sleeps without fear in its father’s arms.” “To live out of love means to banish all fear.”

Let us remember that the Holy Eucharist we receive has the power to make us steadfast in the faith. If our soul is in a state of grace, we have the courage to thrive in the world



despite fear. St. Pier Giorgio Frassati testifies, saying, “With all the strength of my soul, I urge you, young people, to approach the Communion table as often as you can. Feed on this bread of angels, whence you will draw all the energy you need to fight inner battles. Because true happiness, dear friends, does not consist in the pleasures of the world or in earthly things, but in peace of conscience, which we have only if we are pure in heart and mind.”  
Fr. Manny Hewe, Pastor

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



**We worship what we believe; we live what we worship.**

### WHEN THE BELLS RING...

At Mass, everything changes at the Consecration. The Church may appear calm, with people kneeling and the priest speaking softly, yet it is the most intense moment of spiritual battle, and bells are rung.

The ringing of bells is not for decoration or tradition alone. They are rung mystically and sacramentally at the precise moment when bread and wine cease to exist and become the Body and Blood of Jesus Christ. This is a dangerous moment for the enemy because Calvary returns in a mystical and sacramental way. At that altar, the sacrifice of the Cross is made present; Christ stands again as Victim and Priest, and the victory over sin and death is renewed. This is the moment Satan lost everything, so when it returns, he trembles.

In ancient times, bells served three solemn purposes: to announce the presence of someone of greater stature, to warn of danger, and to call attention to what must not be missed. At the Consecration, all three occur at once. The bells announce: “The Lord is here!” They warn: “This is holy ground,” and call our souls: “Look. Believe. Adore.”

The ringing of bells is not for God, for he is already present. It is not for the priest, for he already knows. It is for the faithful who worship, because human minds wander and hearts drift. In effect, it says, “Wake up. Heaven is touching earth now.” As the bells ring, angels surround the altar, Christ becomes truly present, the sacrifice of the Cross unfolds, and grace pours forth invisibly. The enemy cannot endure this moment.

The Eucharist is not only nourishment; it is Christ victorious. That is why demons flee during Consecration, saints kneel in tears, and the church falls into deep silence as awe replaces noise, heaven draws near, and words become insufficient.

When you hear the bell at Mass, do not rush the moment; bow your head, still your heart, and fix your gaze on the altar. For in that instant, darkness meets its defeat, and grace is made powerful. The bells ring because Christ has won. Heaven wants us to know it. (Fr. MAH).

## RELIGIOUS EDUCATION

*Join the family. Register now!*

August 9, 2026 - Start of Classes  
8:30 am - 10:00 am

August 30, 2026  
Parents General Meeting  
8:30 am - 10:00 am  
Parish Hall



Registration forms are available at the side entrance of the church or you may register online at [www.cocathedral.org/re](http://www.cocathedral.org/re)

For more information you may contact the office @ 808-521-1700 or Sr. Mercy, SPC @ 808-387-4313  
We would be happy to assist you.



### Join us!

Let us serve the Lord lifting our voices, praising His name.

For more information, please contact the office at 808-521-1700 or see Mrs. Bernie Gora by the piano after the mass.

We look forward having you in this ministry.

### Children's Choir



Co-Cathedral of St. Theresa

**SIGN-UP NOW!**

# Weekly Offering Report

## For June 8, 2026 - June 14, 2026



**SAINT THERESA SCHOOL**  
**CONTACT INFORMATION**  
 Office Phone: 808-536-4703



St.TheresaSchool@Beavers808



Sttheresaschool808

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

### Weekly Collections Online Giving

SUNDAY Mass Offering	\$ 8,807.00	\$ 580.00
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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. \*\*\*

*Parish Savings with the Diocese as of April 30, 2026* **\$ 275,873.40**

*Outstanding PV Loan with the Diocese as of April 30, 2026* **\$ 269,326.03**



### CHURCH FENCE PROJECT REPORT

- **Materials & equipment rental**—steel, concrete, paint, machinery **\$ 196,421.99**
- **Labor & Miscellaneous expense**—fabrication, installation, dredging **\$ 139,602.76**
- **Total Cost** **\$ 336,024.75**

*The Fencing Project is our proactive effort to mitigate potential harm to our parishioners, schoolchildren, school and Church staff and personnel, guests, and other legitimate visitors. Our Security Camera installation complements this effort.*

**Thank you for your support! May God bless you all!!!**

### Second Collections:

June 20 - 21 - for the Catholic Ministries Annual Appeal (CMAA)

June 27-28 for the Holy Father (Peter's Pence)

**Mahalo for your generosity.**

### 2nd Offering on June 20 & 21 is for



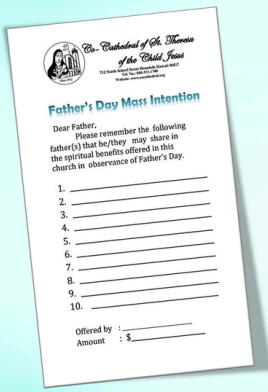
**Support the Catholic Ministries Annual Appeal**  
**to strengthen parishes, schools, and ministries, bringing hope and**  
**God's love to those in need.**

**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 Ondayog
- 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 - Taiena Finau
- 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 Homeroom/Math 5 & Middle School/MS Science - Dr. Peter Park
- 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 Raquipo
- Middle School Japanese/7 & 8 Arts/ Marketing - Tiani Quon
- Permanent Sub - Laura Gomes
- Maintenance - Edwin Kaaihue
- Custodian - Romeo John Cabarrubias



# Happy Father's Day

June 21, 2026

Father's Day Mass Intention envelopes are available at the side entrance of the church.  
 \*Mass intentions for your father will be offered at all Masses throughout June.

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



## 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

<b>Sunday Mass</b> 6:30 am, 8:30 am, 10:30 am & 6:00 pm	<b>Vietnamese Mass (VHM)</b> Daily Mass: Mon. Tues. & Thur. at 5:30 pm
<b>Saturday Vigil: 5:00 pm</b>	Saturday Vigil at 7:00 pm
<b>Daily Mass</b> Mon – Thurs: 6:30 am Fri – Sat: 8:00 am	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

<b>Fr. Manuel Hewe</b> Pastor	<b>Fr. Anthony Tran</b> VHM Chaplain
<b>Sr. Mercedita Estrella, SPC</b> Dir. of R.E. & Pastoral Associate	<b>Ryan and Ashley Agcaoil</b> Coordinators of Youth Ministry
<b>Tyra Lamb</b> Safe Environment Liaison	<b>Grace Young</b> Communications Coordinator
<b>Pinky Mendoza</b> Office Coordinator	<b>Bernie Gora</b> Director of Music
<b>Jennifer Asuncion</b> Office Secretary	<b>Earl Morita</b> Church Grounds Maintenance
<b>Francis Leasiolagi</b> Deacon	<b>Samy Ratum</b> Facilities Custodian
<b>Jonathan Lam</b> VHM Deacon	<b>Noraliza Tapeç</b> On-Call Church Custodian
<b>Marlowe Sabater</b> Deacon	<b>Felipe Tan</b> Accountant
	<b>Joan Mabag</b> Custodian

## Daily Mass Readings

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

**June 22, 2026**  
*Monday of the Twelfth Week in Ordinary Time*  
 2 Kings 17:5-8, 13-15a, 18;  
 Matthew 7:1-5

**June 23, 2026**  
*Tuesday of the Twelfth Week in Ordinary Time*  
 2 Kings 19:9b-11, 14-21, 31-35a, 36;  
 Matthew 7:6, 12-14

**June 24, 2026**  
*Solemnity of the Nativity of Saint John the Baptist*  
 Jeremiah 1:4-10; 1 Peter 1:8-12;  
 Luke 1:5-17

**June 25, 2026**  
*Thursday of the Twelfth Week in Ordinary Time*  
 2 Kings 24:8-17; Matthew 7:21-29

**June 26, 2026**  
*Friday of the Twelfth Week in Ordinary Time*  
 2 Kings 25:1-12; Matthew 8:1-4

**June 27, 2026**  
*Saturday of the Twelfth Week in Ordinary Time*  
 Lamentations 2:2, 10-14, 18-19;  
 Matthew 8:5-17

**June 28, 2026**  
*Thirteenth Sunday in Ordinary Time*  
 2 Kings 4:8-11, 14-16a; Romans 6:3-4,  
 8-11; Matthew 10:37-42



# HAWAII Catholic Ministries *Annual Appeal*

**Support Your Parish and Those Most in Need**



HAWAII  
Catholic Ministries  
*Annual Appeal*



***PLEASE CONTINUE TO SUPPORT THE CATHOLIC MINISTRIES ANNUAL APPEAL CAMPAIGN***

*Our, beloved Bishop Most Reverend Larry Silva, encourages us all,*

***"I invite you to prayerfully join in supporting the work of our Church. Together, with faith and aloha, let us Share God's Gifts – ensuring that every person in our churches and schools experiences the love and care of our Catholic community today and in the future ahead."***

*Each parish was given a goal for our contribution. As of end of May, the Co-Cathedral of St. Theresa has reached only 22% of our goal.*

*We will have a second collection this weekend. Please be generous in your contribution.*

***Thank you for your continued support to our parish community!***

***May God bless you all!!!***



# ST. THERESA SCHOOL

OPEN ENROLLMENT for Pre-K through 8th

## STS Offers

Morning Care  
Kama'aina Kids After School Care

21st Century Faith-Based Learning Experience  
Community Service Opportunities  
Financial Aid

## Tuition (AUGUST-MAY)

- Prek:**  
**Half Day [ 7:45AM - 11:00AM ]** ----- \$5,550  
 Includes breakfast
- Full Day [ 7:45 AM - 2:30 PM ]** ----- \$11,100  
 Includes breakfast and lunch
- Grades K-8:**  
**Full Day [ 7:45 AM - 2:30 PM ]** ----- \$9,500  
 (2) enrolled: 10% discount for 2<sup>nd</sup> child  
 (3) enrolled: 15% discount for 3<sup>rd</sup> child  
 (4) enrolled: 20% discount for 4<sup>th</sup> child

**Fully Accredited**  
 by the Western Association  
 of Schools and Colleges  
 (WASC) and the Western  
 Catholic Education  
 Association (WCEA)

## FAITH FILLED PROGRAMS

- ✓ Liturgical Preparation (Altar Serving, Lector, Choir)
- ✓ Social Teaching of the Catholic Church

## ACADEMIC PROGRAMS

- ✓ INTO Math | INTO Reading | Star Reading | Faith & Life Series
- ✓ Catapult (Title 1)

## GLOBAL CITIZENSHIP

- 🌐 Japanese Language Courses (Middle School)
- 🌐 STACC – St. Theresa Academic and Cultural Connections (Korean Student Visitation Program)
- 🌐 Service Learning (Outreach Programs)

## CLUB ACTIVITIES

- ★ Catholic School League Athletics (Basketball, Volleyball, and Track)
- ★ Math Counts
- ★ Beaver Media (BeMe) Club (Digital Media, Yearbook)
- ★ Performing Arts (Choir, Theater)
- ★ Speed & Agility Club

📞 808-536-4703  
 📍 712 N. School St.

📷 @stsbeavers808



Educating the whole child – mind, body, and spirit – since 1931