



Co-Cathedral of St. Theresa of the Child Jesus

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August 9, 2026 - Nineteenth Sunday in Ordinary Time (A)

Faith in the God Who Walks with Us

1 Kings 19:9a, 11-13a; Psalm 85:9, 10, 11-12, 13-14; Romans 9:1-5; Matthew 14:22-33

"Take courage. It is I; do not be afraid" (Mat 14:27). These words from Jesus are worth remembering when we face tough times or feel helpless. Even if our problems do not disappear right away, His words help us keep going because we can trust Him. Our faith in Jesus is like windshield wipers on a car. They do not stop the rain, but they help us see and keep moving forward.

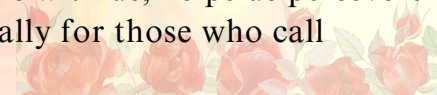
The fear the disciples and the Prophet Elijah felt shows that everyone faces moments of fear and needs help. The disciples were afraid when the waves rocked their boat and the wind was strong. They did not recognize Jesus and thought he was a ghost (cf. Matt. 14:24-26). Elijah was also scared because Queen Jezebel wanted to kill him, so he hid in a cave. While he was there, storms with lightning, earthquakes, wind, and rain raged outside (cf. 1 Kgs 19:11-12). Their fear was understandable because their lives were at risk.

The central message is trust. Elijah heard a gentle, quiet sound that encouraged him to leave the cave (1 Kgs 19:12). In that calm moment, God spoke to him, and Elijah found new strength. God often comes to us quietly, especially when we are afraid, to comfort us. In the Gospel, Jesus told the frightened disciples, "Take courage; it is I. Do not be afraid" (Matt 14:27). These words echo God's declaration to Moses: "I am who am" (Exodus 3:14). The phrase "Take courage; it is I. Do not be afraid" appears in the Bible more than 365 times. This reminds us to remember God's love and care for us every day.

We all have our own stories of facing storms, fears, and times when we feel helpless, just as the disciples and Prophet Elijah did. If we wrote them all down, the list would be long. In faith, these experiences can help us grow spiritually and draw us closer to God, because He allows us to face challenges so we can learn and become stronger. The readings encourage us to move away from the belief that God does not care about our struggles.

When we face hard times and feel afraid or helpless, it is important to remember that we are not alone. Jesus understands our struggles and calms our fears. He is with us when we feel uncertain. His words, "Take courage; it is I. Do not be afraid," lie at the heart of our readings. Jesus invites us to trust him and keep our focus on him.

It helps to ask ourselves questions like, "Lord, what are you trying to say to me through this trial?" or "Lord, what lessons do you want me to learn, and how can I respond?" When we reflect on these questions and pray quietly, we let the Holy Spirit guide and transform us. Remember, trials give us a chance to grow spiritually and draw closer to God. They do not make us strong; they reveal the strength we already have. They do not give us patience; they reveal it. They do not create faith; they test whether it is there. Trusting in God, who walks with us, helps us persevere no matter what we face, because He is always present, especially for those who call on Him each day.



Let us make the Responsorial Psalm our humble prayer this week: "Lord, let us see your kindness and grant us your salvation" (Ps. 85:8). In the Holy Eucharist, we experience the true sign of His kindness and His gift of salvation. We do not merely hear His comforting words; we receive His Body and Blood, Soul and Divinity. St. Faustina Kowalska said, "The courage and strength that are in me are not of me, but of Him who lives in me – it is the Eucharist."

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.

PRAYER is the Language of Our Relationship with God

A soul without prayer is not merely missing something. It is like a body without eyes, hands, or feet. Without prayer, the soul grows weak and cannot reach the heights of heaven or receive the gift of divine grace. Just as a body without senses is limited, a soul without prayer cannot fully receive the grace and blessings God bestows.

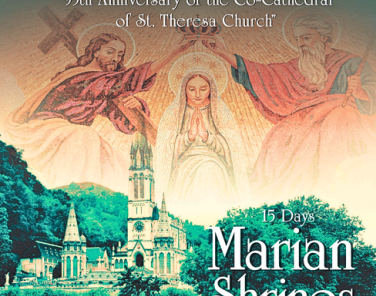
Finding time to pray can be difficult when life is busy, but prayer is not just another task. It helps us stay connected to God, who gives us life. Without this connection, we might feel empty, like a well that has dried up without God's grace. Taking three minutes each morning, at lunch, and in the evening can help us stay close to God. This simple habit can make us more aware of God's presence each day.

Before you get out of bed in the morning, take three minutes to reflect on God, who comes to us as a loving Father. Consider how a father cares for his children and how we relate to God as our Father. Take a moment to remember the many blessings God has given you, including your life.

At lunchtime, take three minutes to reflect on what you are eating and to spend time with Jesus, who promises us a full life. Even though we cannot see God, we see Him in Jesus and in the people around us. Ask yourself which attitudes help you bring life to others, such as kindness, compassion, and forgiveness. Consider how you care for the world, perhaps by living sustainably, protecting the environment, or respecting all living things. We are called to care for others and to live with purpose and joy.

Before you go to sleep, take three minutes to reflect on the gifts of the Holy Spirit. Consider your relationships with friends and coworkers, as well as the things you have. Remember that 'The Spirit moves where it wills' (Jn 3:8), meaning the Holy Spirit often works in ways we do not fully understand. Take a moment to thank God for the day and look forward to tomorrow with hope.

Prayer is more than a routine. It helps us grow closer to God, who supports us in every part of our lives. Without prayer, a soul is like a body without eyes, hands, or feet. It cannot reach the heights of heaven or connect with divine grace. Pray to our Blessed Mother Mary to deepen our prayer. (Fr. MAH)

Join our ~ 95th ~ Anniversary Pilgrimage to the Different shrines of France, Barcelona, and Rome April 1-15, 2027 Please visit us at www.cocathedral.org for more information.	"95th Anniversary of the Co-Cathedral of St. Theresa Church"  15 Days Marian Shrines of France, Barcelona & Rome April 1-15, 2027 Fr. Manuel Hewe St. Theresa Church, Honolulu, HI Co-Cathedral of St. Theresa of the Child Jesus Spiritual Director Contact (808) 621-1700 cocathedraloffice@cochawaii.org FAITH MEETS ADVENTURE © Nativity Pilgrimage 2025  	RELIGIOUS EDUCATION <i>Join the family. Register now!</i> Start of Classes August 9, 2026 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 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.  SCAN ME
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Weekly Offering Report

For July 27, 2026 - August 2, 2026



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



St.TheresaSchool@Beavers808

Sttheresaschool808

Website: www.stshi.org

Weekly Collections Online Giving

SUNDAY Mass Offering	\$ 10,404.00	\$ 530.00
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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 June 30, 2026 **\$ 281,193.90**

Outstanding PV Loan with the Diocese as of June 30, 2026 **\$ 263,448.52**



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:

August 15-16 for the St. Theresa School Assistance
 September 5-6 for the Catholic University of America

Mahalo for your generosity.

2nd Offering next weekend
August 15th & 16th is for the



SCHOOL OFFICE STAFF AND FACULTY MEMBERS

- Principal/Music 1-5 - Conception (Bernie) Gora
- Vice Principal/ELA 5 - Lauren Ramirez-Asaeda
- Administrative Assistant - Faith Leasiolagi
- Admissions Office Assistant - Stephanie Lou Ondayog
- Preschool Director/Teacher - Magdalena Collins
- Preschool Aide - Elaine Jane Gonzalez
- Preschool Aftercare - Janna Isidro
- Kindergarden Teacher - Taiena Finau
- Kindergarten Aide - Lenie Macadangdang
- 1st Grade - Marvin Macadangdang
- 2nd Grade - Faith Afu
- 3rd Grade Teacher - Sibel Mestanova
- 4th Grade Teacher - Laura Gabriel
- 4 Religion/4 & 5 Art - Francine Caetano-Fontanilla
- 5th Grade/Math 5-8 - Christian Raquero
- 5-8 Science/STEM - Delwin Dang
- 6th Grade/Social Studies 5-8 - Alyssa Yabes
- 6-8 ELA/6-8 Home Economics - Dr. Frances Wong
- 7th Grade/Religion 5-8 - Shaun Agtarap
- 8th Grade/Japanese 5-8/Art 7-8 /PR Media - Tiani Quon
- PK-8 PE - Jayven Bumanglag
- Creative Music K-3 - Johnelle Silva
- Music 6-8 - Kukahi Lee
- Maintenance - Edwin Kaaihue
- Custodian - Romeo John Cabarrubias

*Dates to
remember*

August 15, 2026

Solemnity of the Assumption of the Blessed Virgin Mary

August 22, 2026

Memorial of the Queenship of the Blessed Virgin Mary

Mass at 8:00 AM

There will be a floral offering after mass. Bring flowers.



*"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

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

Fr. John Akau

Parochial Vicar

Fr. Anthony Tran

VHM Chaplain

Sr. Mercedita Estrella, SPC

Dir. of R.E. & Pastoral Associate

Ryan and Ashley Agcaoili

Coordinators of Youth Ministry

Tyra Lamb

Safe Environment Liaison

Grace Young

Communications Coordinator

Pinky Mendoza

Office Coordinator

Bernie Gora

Director of Music

Earl Morita

Church Grounds Maintenance

Jennifer Asuncion

Office Secretary

Ray Lamb

Deacon

Samy Ratum

Facilities Custodian

Francis Leasiolagi

Deacon

Roy Matsuo

Retired Deacon

Noraliza Tapeç

On-Call Church Custodian

Jonathan Lam

VHM Deacon

Marlowe Sabater

Deacon

Felipe Tan

Accountant

Joan Mabag

Custodian

Daily Mass Readings

www.usccb.org

August 10, 2026

*Feast of Saint Lawrence,
Deacon and Martyr*

2 Corinthians 9:6-10; John 12:24-26

August 11, 2026

Memorial of Saint Clare, Virgin
Ezekiel 2:8-3:4; Matthew 18:1-5,
10, 12-14

August 12, 2026

*Wednesday of the Nineteenth Week in
Ordinary Time*

Ezekiel 9:1-7; 10:18-22;
Matthew 18:15-20

August 13, 2026

*Thursday of the Nineteenth Week in
Ordinary Time*

Ezekiel 12:1-12; Matthew 18:21-19:1

August 14, 2026

*Memorial of Saint Maximilian Kolbe,
Priest and Martyr*

Ezekiel 16:1-15, 60, 63 or
Ezekiel 16:59-63; Matthew 19:3-12

August 15, 2026

*Solemnity of the Assumption of the
Blessed Virgin Mary
Vigil*

1 Chronicles 15:3-4, 15-16; 16:1-2; 1
Corinthians 15:54b-57; Luke 11:27-28

Mass during the Day

Revelation 11:19A; 12:1-6A, 10AB; 1
Corinthians 15:20-27; Luke 1:39-56

August 16, 2026

Twentieth Sunday in Ordinary Time

Isaiah 56:1, 6-7; Romans 11:13-15,
29-32; Matthew 15:21-28