



Co-Cathedral of St. Theresa of the Child Jesus

712 North School Street, Honolulu HI 96817

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September 13, 2026 - Twenty-fourth Sunday in Ordinary Time (A)

Forgive to be Forgiven

Sirach 27:30-28:7; Psalm 103:1-2,3-4,9-10,11-12; Romans 14:7-9; Matthew 18:21-35

Today, our Lord Jesus reminds us to make forgiveness a habit. He challenges us to forgive not seven times but seventy-seven times, meaning always! (cf. Matt 18:22). Forgiveness is essential to our emotional well-being and spiritual growth, regardless of the offense or the person responsible. There can be no healing without forgiveness, nor will our sins be forgiven if we don't forgive others (cf. Sir. 28:2-3). Without forgiveness, our families can quickly become breeding grounds for constant conflict and negativity.

We all experience moments of rejection, misunderstandings, and intrigue that can leave lasting scars. These experiences can create emotional barriers between us and those who hurt us, making forgiveness difficult. What do we do when forgiveness seems impossible? How do we remove the emotional barrier that undermines our best efforts to forgive? I offer four brief points for your consideration and further reflection.

First, we need to ask Jesus to help us forgive. Sometimes people want to get even, either by acting out or by ignoring the person who hurt them. The pain can take over. When this happens, it is important to pray. If your emotions feel overwhelming, slowly pray the Lord's Prayer and the Hail Mary to feel close to Jesus and Mary. Only with Jesus' help can we find the strength to forgive, letting him work through us and others. When we turn to Mary, her care can comfort our hurting hearts. So keep praying, because anyone who asks the Lord and Mary for help will not be left alone.

Second, pray and remember how often God has forgiven you. God has forgiven us far more than he asks us to forgive others. But if we refuse to forgive, we risk losing the forgiveness God has given us. In the Lord's Prayer, we say, "Forgive us our trespasses as we forgive those who trespass against us." Forgiving others is necessary for us to be forgiven. Forgiving does not mean forgetting, but it means letting go of blame, just as God does for us. "Unless each of you forgives your brother and sister, the Father will not forgive you" (Matt 18:35).

The third method involves changing our perspective on those who have hurt us. We see them through the eyes of Jesus. Our Lord prayed for his executioners on the cross, asking God to forgive them because they didn't grasp the gravity of their actions. He saw their brokenness and recognized their need for healing and redemption as children of God. So we pray and entrust them to the Father's care. Otherwise, if we keep blaming others, we disrupt the flow of God's mercy.

Also, forgiving others requires humility because it is closely tied to our ability to love. Some people avoid loving others because they fear being hurt again. But those willing to start over and stay open can experience deeper love and live out St. Paul's words: "None of us lives for oneself, and no one dies for oneself. For if we live, we live for the Lord; if we die, we die for the Lord; so then, whether we live or die, we are the Lord's" (Rom 14:7-8). Forgiving others helps us say: I am sorry. It is my fault. How can I make it right?



Let me share an inspiring story from May 13, 1981, when Mehmet Ali Agca attempted to assassinate the late Pope St. John Paul II in St. Peter's Square.



(Continuation from page 1)

Despite being seriously wounded, the Pope did something remarkable. He visited his attacker months later, while still recovering. When asked why, he said, "I came here because I want to visit my assassin." When asked about forgiveness, he calmly said that someone who cannot forgive remains trapped in their past.

Dear brothers and sisters, when Jesus gives himself to us in the Holy Eucharist, he also offers us his mercy, which brings healing, peace, and reconciliation. If we seek true healing and peace with ourselves, others, and God, we must forgive. Those who refuse to forgive will not find peace in their hearts and cannot be close to God. We should always forgive for our own well-being and the good of our souls.

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. Family, a Home of Forgiveness

Every family has its imperfections. We all have our own flaws, just as our parents do. The people we marry are not perfect, and neither are our children. Sometimes we feel let down or unhappy with each other for various reasons.

However, we do not resign ourselves to inaction. We can grow and thrive despite these imperfections. Forgiveness enables this growth. Healthy marriages and families require forgiveness to flourish. It fosters joy, emotional stability, and spiritual well-being within families, regardless of circumstances or the individuals involved. Forgiveness benefits the one who offers it and promotes peace throughout the family.

Forgiveness purifies the spirit, liberates the heart, and renews the soul. No transgression is beyond forgiveness. Those who withhold it lose inner peace and may struggle to achieve spiritual connection. Forgiveness is a restorative force that heals emotional wounds.

Unforgiveness is a toxic poison that can turn a family into a battleground of conflict and a fortress of evil. Holding onto unforgiveness is self-destructive. Those who do not forgive are physically, emotionally, and spiritually ill. For this reason, the family must be a place of forgiveness, life rather than death; paradise rather than hell; healing rather than disease; a refuge of understanding rather than guilt.

Families should always support one another and avoid gossip or speaking ill of one another. They should be welcoming, not excluding anyone. Family members are meant to help one another, not work against one another. Compassionate support is the foundation of family life. When someone is struggling, everyone should respond with steady kindness. These habits make the family a safe and caring place.

(Fr.MAH)

40 DAYS FOR LIFE THE BEGINNING OF THE END OF ABORTION

2026 Fall Vigil Opening Mass



DATE: Saturday, Sept. 19, 2026

TIME: 8:00 AM

LOCATION: St. Theresa's
Co-Cathedral, 712 N. School St,
Honolulu

FOR MORE INFO CONTACT:
James W. (808) 302-5968



Caring for Our Community

Healthier People.
Stronger Communities.



Learn what
gout is and
what causes it.



Discover
diet and lifestyle
tips for prevention.



Explore ways
to keep your
joints healthy.



Ask questions
and get
helpful resources.



**Sunday,
13 September 2026**



6:30 AM – 12:30 PM



**Saint Theresa Church
712 N School St.
Honolulu HI 96817**

All Are Welcome!

*Small Changes
Make a Big Difference!*

GOUT Know More. Prevent Flare-Ups. Live Better.

A Community Education Training

Healthy Joints
Brighter Days
Less Pain
More Living!



**FREE
BLOOD PRESSURE
SCREENINGS
PROVIDED!**



- ✓ Practical tips
- ✓ Useful handouts
- ✓ Community resources
- ✓ Take a step toward better health!

Weekly Offering Report

For August 31, 2026 - September 7, 2026



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

Weekly Collections Online Giving

SUNDAY Mass Offering	\$ 9,841.00	\$ 822.55
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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 July 31, 2026	\$ 272,811.77
CCST Columbaria Savings as of July 31, 2026	\$ 4,869.06
Outstanding PV Loan with the Diocese as of July 31, 2026	\$ 263,448.52

Feast of St. Therese

Market Fair and Family Day

Save the Date

SATURDAY | 10 OCT 2026 | 9 AM - 2 PM

Co-Cathedral of St. Theresa | 712 North School St.

**snacks / food/ vegetables/ plants /
crafts/ bingo and other games for
children and young at ♥ and
many more**

*Proceeds will go to our church roofing project
and support for St. Theresa School*

COME JOIN US!

FAMILY- JOY- FUN - ALL- FRIENDS- FAMILY- JOY- AL

Second Collections:

September 19-20 for the Facilities Improvement
 September 26-27 for the Catholic Ministries Annual Appeal
Mahalo for your generosity.

2nd Offering next weekend -9/19 & 20-

**for the
Facilities Improvement**

Mahalo for your generosity!



St.TheresaSchool@Beavers808



Ssttheresaschool808

Website: www.stshi.org

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 -
- 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



The Order of Christian Initiation for Adults Faith Formation sessions have started once again.

The OCIA is a process for those seeking to be baptized into the Catholic Church, as well as those desiring to receive the Sacraments of Eucharist and Confirmation. However the faith formation sessions are open for everyone wanting to know more about their Catholic faith.

Come join us!

Our topic this week is:

"I Believe in God", as we begin our journey through the Apostle's Creed and come to better understand what we believe and why we believe.

Tuesday - September 15th at 6:30pm, room 107 (STS Bldg.)

For more information, please contact the parish office @ [808]521-1700. 

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

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



Daily Mass Readings

www.usccb.org

September 14, 2026

Feast of the Exaltation of the Holy Cross

Numbers 21:4b-9; Philippians 2:6-11;
John 3:13-17

September 15, 2026

Memorial of Our Lady of Sorrows

1 Corinthians 12:12-14, 27-31a; Sequence (Optional); John 19:25-27
or Luke 2:33-35

September 16, 2026

Memorial of Saints Cornelius, Pope, and Cyprian, Bishop, Martyrs

1 Corinthians 12:31-13:13; Luke 7:31-35

September 17, 2026

Thursday of the Twenty-fourth Week in Ordinary Time

1 Corinthians 15:1-11; Luke 7:36-50

September 18, 2026

Friday of the Twenty-fourth Week in Ordinary Time

1 Corinthians 15:12-20; Luke 8:1-3

September 19, 2026

Saturday of the Twenty-fourth Week in Ordinary Time

1 Corinthians 15:35-37, 42-49;
Luke 8:4-15

September 20, 2026

Twenty-fifth Sunday in Ordinary Time

Isaiah 55:6-9; Philippians 1:20c-24, 27a;
Matthew 20:1-16a