

OUR LADY OF MOUNT CARMEL



ADMINISTRATOR: Fr. Leonardo Tubaña

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February 1

The Beatitudes

Matthew 5:1—12a

4TH SUNDAY ORDINARY TIME

1st February 2026



2026



E Komo Mai

**WELCOME TO OUR LADY
OF MT. CARMEL CHURCH**

Parish Mission Statement

We the 'Ohana of Our Lady of Mt. Carmel Church stand united as a committed multicultural parish in prayer and faith; with the power of the Holy Spirit, and the intercession of the Blessed Virgin Mary; to evangelize in the service of God, by sharing the good news of our Lord Jesus Christ in our words and actions with the hope of eternal salvation for all.



Pepeluali

Sunday, (Lāpule) Feb. 1

- 7:30a Mass
- 8:45a - 9:45a
- Faith Formation
- O.C.I.A.
- 10:00a Mass
- 11:15a Counters meet

Have a blessed Sunday!

Monday, (Pō'akahi) Feb. 2

*The Presentation of the Lord.

Tuesday, (Pō'alua) Feb. 3

*The Feast Day of St. Ansgar.

*The Feast Day of St. Blaise,
Bishop and Martyr.

- 8:00a - Morning Mass

Wed. (Pō'akolu) Feb. 4

- 8:00a - Morning Mass
- 10a - 12p (9-1-1 Foodbank)

Thursday, (Pō'ahā) Feb. 5

*The Feast Day of St. Agatha, Virgin
and Martyr.

- 8:00a - Morning Mass

Friday, (Pō'alima) Feb. 6

*The Feast Day of Paul Miki and
Companions, Martyrs.

- 8:00a - Morning Mass
- 9a-9p Eucharistic Adoration
- Homebound visits

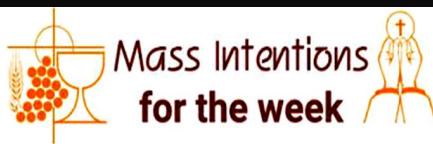
Saturday, (Pō'aono) Feb. 7

- 7am Morning Mass
- 4:00p Confessions
- 5:00p Vigil Mass
- Fellowship Saturday!
- 6p-8p Youth & YA Night



January 31–February 1, 2026 4th Sunday in Ordinary Time Jesus teaches the Beatitudes today, reminding us that "Blessed are the peacemakers." Peace in a marriage isn't just the absence of conflict; it is the presence of understanding and empathy. Learn the tools to become a peacemaker in your own home.

The next Worldwide Marriage Encounter Experience is a non-residential weekend, April 24–26, 2026, on Oahu. This format allows you to experience the weekend during the day and sleep in the comfort of your own home at night. Two other weekend experiences are scheduled in Hawaii this year. To apply or for more information, visit www.hawaiwwme.org or contact Brian and Claudine Perry at (808) 276-5721.



Healing, Strength, and Protection:

Dr. Paul Drouin, Ann Manatad, Beverly Lau, Lin English, Johnsen Halas 'Ohana, Rose Wages Cross, Rita Medeiros, Asuncion Tubana, Skipper Hough, Dana R., Daniel Leong, Eileen Pacheco, Cynthia H., Pomai H., Romie Bersalona, Fumiko Sullivan, Keanu Pacheco Salas, Lanette Lopez, Patsy Seo, Salvador and Marina Asuncion, Garrison Kamaka, Patricia Antonio, Kenneth Kaku, Marcy Bermudes, Estrellita "Esther" Bolo, Keone boy Jr., Arthur Machado Jr., Paul Z., Carrie Z., Pat Pilanca, Bobby Wilson, Kehaulani Lau, Delbert Augustine, Bernadine Zimbra, Clementine Kong, Lima & Ginna Paaga, John Kilbey, Justice Salas, Corey Ann, Heide Wilson, Cathy Williams, Franklin Gonzales, Rosalind Chun, Bernie Roman, Kaiwiokalani Recarte, Angel Sunio Salas, Allen Smith, Valerie Young, Marie Gonzales, parish families, homebound and for all the caregivers.

BIRTHDAY BLESSINGS for
Kobbe Pacheco Salas (Feb 3).

OUR LADY OF MT. CARMEL Parish Treasure Report For the weekend of: January 24 & 25, 2026

5:00PM VIGIL MASS
Building Fund...\$290.00
Deficit Fund...\$100.00
Tithes / Offering...\$120.00

7:30AM MASS
Building Fund...\$976.00
Deficit Fund...\$0
Tithes / Offering...\$245.00

10:00AM MASS
Building Fund...\$260.00
Deficit Fund...\$0
Tithes / Offering...\$658.00

Online/Drop/Other
Banana Bread...\$135.00
Building Fund...\$300.00
Fellowship...\$46.00
Tithes / offering...\$1,290.00

Grand Total of:
\$4,420.00

Thank You!

**PRAISE
GOD**

RESPECT LIFE
respect.love.protect

THE BEATITUDES

BLESSED ARE THE POOR IN SPIRIT,
FOR THEIRS IS THE KINGDOM OF HEAVEN.

BLESSED ARE THOSE WHO MOURN,
FOR THEY WILL BE COMFORTED.

BLESSED ARE THE MEEK,
FOR THEY WILL INHERIT THE EARTH.

BLESSED ARE THOSE WHO HUNGER AND
THIRST FOR RIGHTEOUSNESS,
FOR THEY WILL BE FILLED.

BLESSED ARE THE MERCIFUL,
FOR THEY WILL BE SHOWN MERCY.

BLESSED ARE THE PURE IN HEART,
FOR THEY WILL SEE GOD.

BLESSED ARE THE PEACEMAKERS,
FOR THEY WILL BE CALLED CHILDREN OF GOD.

BLESSED ARE THOSE WHO ARE PERSECUTED
BECAUSE OF RIGHTEOUSNESS,
FOR THEIRS IS THE KINGDOM OF HEAVEN.

BLESSED ARE YOU WHEN PEOPLE INSULT YOU,
PERSECUTE YOU AND FALSELY SAY ALL KINDS OF
EVIL AGAINST YOU BECAUSE OF ME.

REJOICE AND BE GLAD , BECAUSE GREAT
IS YOUR REWARD IN HEAVEN ,
FOR IN THE SAME WAY THEY PERSECUTED THE
PROPHETS WHO WERE BEFORE YOU.

MATTHEW 5:3-12

How to be Happy!

In today's Gospel Jesus teaches the eight beatitudes.

Beatitude means happiness.

Here are some ideas on how to live the beatitudes:

1. Blessed are the poor in spirit, for theirs is the kingdom of heaven. If you share your nice things and don't let your stuff be the most important things in your life then you will be happy.
2. Blessed are they who mourn, for they will be comforted. If you are sad now, remember that in Heaven there will be no more suffering.
3. Blessed are the meek, for they will inherit the land. Don't be selfish or pushy about things. God will make sure you get everything you need!
4. Blessed are they who hunger and thirst for righteousness, for they will be satisfied. If you try to do what is right then God will make the right things happen.
5. Blessed are the merciful, for they will be shown mercy. If you forgive other people when they hurt you, then God will forgive you when you are sorry for your sins.
6. Blessed are the clean of heart, for they will see God. If God is the center of your life, then your heart is pure and ready to see Him in Heaven when you die.
7. Blessed are the peacemakers, for they will be called children of God. God loves peace, and loves it when we try to avoid getting into fights.
8. Blessed are they who are persecuted for the sake of righteousness, for theirs is the kingdom of heaven. If you suffer for the truth, God will give you a joyful reward!



Answer to Beatitudes Word Find: Will be happy

SAINT BLAISE

FEBRUARY 3

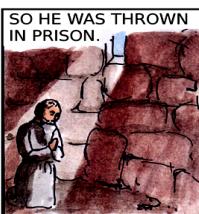
SAINT BLAISE WAS A BISHOP IN ARMENIA IN THE EARLY 300'S. WHEN PERSECUTION AROSE, HE WENT INTO THE WILDERNESS AND LIVED IN A CAVE.



ACCORDING TO LEGEND, SICK WILD ANIMALS WOULD COME TO HIM SO HE COULD HEAL THEM.



WHEN HUNTERS CAME AND FOUND BLAISE, THEY TOOK HIM TO THE GOVERNOR.



WHILE IN PRISON, HE HEALED A BOY WHO HAD A FISH BONE STUCK IN HIS THROAT.

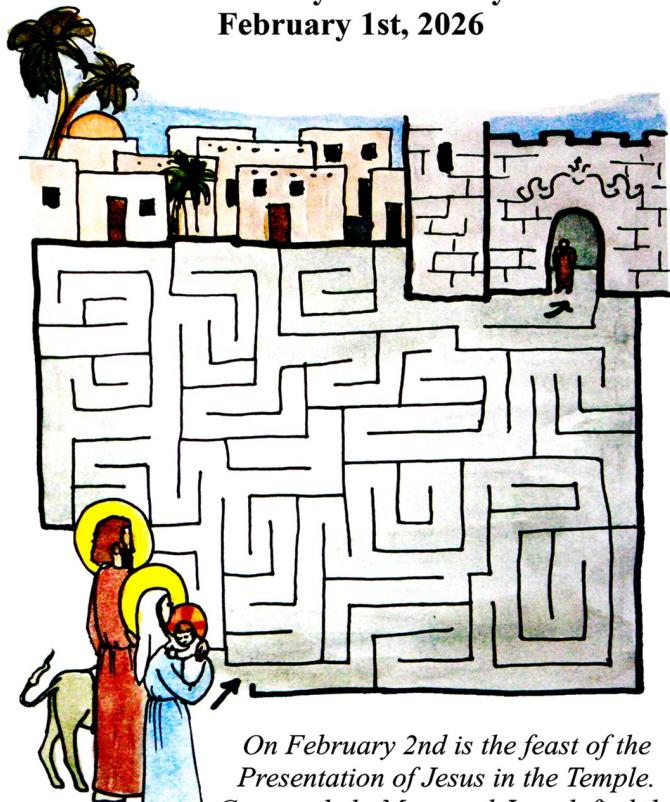


SAINT BLAISE IS THE PATRON SAINT OF PEOPLE WITH THROAT PROBLEMS, SO YOU CAN PRAY TO HIM IF YOU GET A SORE THROAT. SAINT BLAISE TEACHES US TO BE KIND TO WILD ANIMALS, BUT MORE IMPORTANTLY HE TEACHES US TO NEVER GIVE UP OUR FAITH IN GOD, EVEN UNDER TORTURE.

The Kids' Bulletin

Fourth Sunday in Ordinary Time

February 1st, 2026



On February 2nd is the feast of the Presentation of Jesus in the Temple. Can you help Mary and Joseph find the way through Jerusalem to present Baby Jesus in the Temple?

Beatitudes Word Find

G R E A T W M E R C Y I
K I N G D O M L T H E Y
I G B L E S S E D I P L
N H E A V E N B E L E F
D T I N H E R I T D R A
P E A C E M A K E R S L
O O H B E C A U S E E S
O U G O D M O U R N C E
R S A P M E R C I F U L
I N S U L T H E A R T Y
W E P C O M F O R T E D
H S A T I S F I E D D Y
O S P I R I T C L E A N

Find the words in CAPITALS from today's Gospel reading in the puzzle and use the leftover letters to fill in the blanks.

Blessed are the POOR in SPIRIT, for theirs is the kingdom of HEAVEN.

Blessed are they who MOURN, for they will be COMFORTED.

BLESSED are the meek, for they will INHERIT the land.

Blessed are THEY WHO hunger and thirst for RIGHTEOUSNESS, for

they will be SATISFIED.

Blessed are the MERCIFUL, for they will be shown MERCY.

Blessed are the CLEAN of HEART, for they will see GOD.

Blessed are the PEACEMAKERS, for they will be called CHILDREN of God.

Blessed are they who are PERSECUTED for the sake of righteousness, for theirs is the KINGDOM of heaven.

Blessed are you when they INSULT you and persecute you and utter every KIND of evil against you FALSELY BECAUSE of me. Rejoice and be glad, for your reward will be GREAT in heaven."

If you be like Jesus, you

Church Directory

- Accountant / Bookkeeper Francis Daquioag
- Altar Care Harvey Recarte
- Altar Environment Charlotte Recarte
- Altar Servers Steve Ziadie, Greg Leong & Harvey Recarte
- Bathrooms (Sts. Damien & Marianne Hall) Harvey Recarte & Charlotte Recarte
- Bereavement....Betty Lou Kam, Charles & Pacita Woodward, Charlotte & Harvey Recarte, Jimmy Muneoka, Lucy Salas, and Nick Cambra (Facility/Bldg.).
- Building & Maintenance..... Nick Cambra
- Bulletin Editor Lucy Salas
- Church Cleaners Grannette & Rick Pulliam, Betty Lou Kam, Francis Johnson, Youth & Young Adult Staffs
- Counters Charles Woodward
- Eucharistic Revival Charlotte Recarte *Anyone interested please see Charlotte.
- Fellowship Hours Charles Woodward (7:30am) & Pua Kamaka (10:00am)
- Finance Council Charles Woodward
- Flowers Betty Lou Kam
- Foodbank Nick & Noella Cambra
- Fundraising Fr. Leonardo Tubana
- Godly Women Czarina Salas
- Grounds Larry Lopez Sr., Colin Lau Nick Cambra & Honua Wai LLC, Joshua & Co.
- Lectors Betty Lou Kam
- Music Directors
 - ⇒ Saturday Vigil Bernadine Zimbra (sub: Jim Muneoka)
 - ⇒ Schola Steve Ziadie
 - ⇒ 7:30am Lucy Salas
 - ⇒ 10:00am Danita / Boi Dumadag
- Pastoral Council Nick Cambra
- Religious Ed (Faith Formation)..... Lucy Salas
- Respect Life Lyn Ziadie
- OCIA Steve & Lyn Ziadie
- Sacristan Harvey Recarte
- Usher Charles Woodward
- Youth & Young Adults..... Lucy Salas



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