

DIOCESE OF HONOLULU

# Sacred Heart Church



85-786 Old Government Road Waianae Hawaii 96792

ph: (808) 696-3773 \* email: office.shcwaianae@gmail.com \* www.sacredheartwaianae.com

For Sacraments and Sacramentals, please contact office before making final arrangements & finalizing dates

**August 11, 2024**

## Parish Administrator

Fr. Carlito Joey Ranjo Jr.

## Deacons

Morton Zabala

Jerome Lefu'a Vito

## Parish Staff

### Business Administrator

Albert "Al" Wong Jr.

### Parish Secretary

Linda Jose

### Parish Bookkeeper

Myrna G. Peralta

### Director of Religious Education

Rosa Lefua

### Groundkeeper/Maintenance

Pablo "Jun" Peralta

## Mass Schedule

### **Monday, Tuesday, Thursday Friday**

7:30am (after 7am Rosary)

### **Wednesday**

6:00pm Rosary, OLPH Novena,  
Chaplet of Divine Mercy and Mass

### **Saturday Vigil** (fulfills Sunday obligation)

5:00pm

### **Sunday**

7:30am, 9:30am, 5:00pm

## Reconciliation

Saturday 4:00-4:45pm

## Devotions

### **Thursday**

5:00—6:00pm Silent Adoration

### **First Friday**

6:30am Holy Hour/Benediction (mass to follow)

### **First Saturday**

7:00am Rosary (mass to follow)



## **Parish Mission Statement**

**Sacred Heart Parish is a Christ-centered community of disciples, journeying together in proclaiming and witnessing God's Word for the integral human and Christian development of all, with respect for the diversity of cultures in the spirit of aloha, towards the realization of God's Kingdom.**

## **Parish Vision Statement**

**The Sacred Heart faith-community envisions to create a sense of communion and responsibility of its members by actively engaging in the life of worship and prayer, to instill in them the value of stewardship as a way of life, to empower them especially the children and youth in participating meaningfully in church activities, and to commission them as servant-leaders in boldly proclaiming the Gospel.**

## The Nineteenth Sunday in Ordinary Time

	<b>First Reading</b>	<b>Second Reading</b>	<b>Gospel</b>
<b>This Weekend's Readings</b>	<b>1 Kgs 19:4-8</b>	<b>Eph 4:30-5:2</b>	<b>Jn 6:41-51</b>

This Sunday, we reflect on God's support, the need to avoid negative behaviors, and the significance of Jesus as the bread of life. The readings remind us of God's care, our call to live with kindness, and the importance of faith in Jesus.

- **God's Sustenance:** Elijah was exhausted and wanted to die. An angel gave him food and water, showing God's care and support.
- **Avoiding Sinful Behavior:** Paul tells us to avoid actions that grieve the Holy Spirit. Instead, we should be kind and forgiving.
- **Following Jesus' Example:** Paul encourages us to live like Jesus. We should love and forgive as He did.
- **Faith in Jesus:** Jesus declares He is the living bread. Believing in Him brings eternal life.
- **God's Invitation:** Jesus says no one comes to Him unless drawn by the Father. This shows God's active role in our faith journey.
- **Nourishment for the Journey:** Elijah's journey to Horeb needed God's help. This reminds us that God provides what we need for our spiritual journey.

These themes help us understand God's care and our call to live faithfully. They remind us of the importance of love, kindness, and belief in Jesus.



The Parish Pastoral Advisory Council (PPAC) will meet on Sunday, August 18, 2024 at 10:45am in the Rectory Conference Room.

**OFFICE CLOSED**

The Office will be closed on Friday, August 16, 2024 in observance of Admissions Day. Have an enjoyable, safe and blessed holiday!



Monday 8/12/24	Tuesday 8/13/24	Wednesday 8/14/24	Thursday 8/15/24	Friday 8/16/24	Saturday 8/17/24
1st Reading Ez 1:2-5, 24-28c	1st Reading Ez 2:8-3:4	1st Reading Ez 9>1-7; 10:18-22	1st Reading Rv 11:19A;12:1-6A, 10AB 2nd Reading 1 Cor 15:20-27	1st Reading Ez 16:1-15, 60- 63 or Ez 16:59-63	1st Reading Ez 18:1-10, 13b. 30-32
Gospel Mt 17:22-27	Gospel Mt 18:1-5, 10, 12-14	Gospel Mt 18:15-20	Gospel Lk 1:39-56	Gospel Mt 19:3-12	Gospel Mt 19:13-15
<b>Next Weekend's Readings</b> August 18, 2024   The Twentieth Sunday in Ordinary Time					
<b>First Reading</b>		<b>Second Reading</b>		<b>Gospel</b>	
Prv 9:1-6		Eph 5:15-20		Jn 6:51-58	

*Mass Intentions for the Week* **August 10 and 11, 2024**

**Deceased:** Olly & Juliet Eremita, Severina M. Villanueva (4th anniv), Jose Saniatan, Robert-Noi Pahinui, Elroy Wong Jr., Leonila Sonido, George Charter, Miguel Jilhaney Sr., Dwayne Kealoha Chang (1 year death anniversary), Celine Balthazar-Suda (1 year death anniversary), Repose of the souls of deceased Filipino Catholic Club Members

**Healing:** Joseph Solomon, Joyce Aliniado, Jane & Cordell Bailey, Health and Safety of Filipino Catholic Club Members

**Birthday:** Livy & Vaneza Agustin, Henry Defang, Vicenty Defang, Loriosa Kamakele, Lorelei Lyau-Goodwin, Birthday Blessings for Filipino Catholic Club Members celebrating their birthdays in August

**Thanksgiving:** Trinidad Ohana, Manex Katsuta & Family

ALL MASS INTENTIONS must be turned into the Parish Office during office hours no later than the Thursday prior to the intention. Mass Intentions are limited to (3) named Intentions per family per week; any additional may be listed in the bulletin as "et al". Suggested donation as recommended by the Diocese of Honolulu is \$10.00 per Intention/Mass.

IF YOU WOULD LIKE YOUR INTENTION TO BE READ AT EACH MASS, THE DONATION WILL BE \$40.00 (\$10/per mass)  
Please submit your envelope provided for your convenience and submit with your intention and donation.

**NOTE: PLEASE DO NOT PLACE YOUR MASS INTENTION IN THE OFFERTORY BASKET IF IT FOR THE UPCOMING WEEKEND. PLEASE TURN INTO OFFICE DIRECTLY FOR THE WEEKEND. WE CAN NOT GUARANTEE YOUR INTENTIONS WILL BE IN THE BULLETIN OR READ. Mahalo.**

**PRAYER BEFORE THE BLESSED SACRAMENT**

*O Jesus, I believe that You are really and truly present in the Blessed Sacrament of the Altar.  
I adore You and I love You with my whole heart.  
In union with all the angels and saints in heaven.  
Oh Jesus, bless us and help us to love You daily more and more.*

**Dear Father,**  
**You and your parishioners will be remembered expressly in the prayers and works of the Sisters of the Sacred Hearts at Regina Pacis Convent during the week of September 29 to October , 2024. Would you kindly consider publishing this in your parish bulletin, inviting those who have special intentions to let the Sisters know by phone, mail or email: reginasscc@cs.com?**  
**As Sisters of Perpetual Adoration of the Blessed Sacrament, our chapel is open daily from 7:00am to 5:00pm to anyone who wishes to spend some time in prayer.**  
**We also invite you to join in the Perpetual Adoration at home by uniting yourself with the Sister at adoration in our chapel.**

**Mahalo Nui Loa, May God bless your parish abundantly.  
Sincerely in the Hearts of Jesus and Mary,  
Regina Pacis Community  
1120 Fifth Avenue — Honolulu HI, 96816  
(808) 737-5822**

Mahalo to everyone who donated to our school supply drive!  
Because of your generous donations, over 100 children in our community got all the supplies they need to be successful this school year!

Special thanks to our Altar Servers for coordinating this effort!

**Monetary Donors:**

Leona Kalani	Grandma Tong	Ofelia & David Jesme
Guy & Nani Tavares	Emily Auwai	Lilia Grace
Lyle Kaloi	Deacon Morton and	Edward Ayau
Sandra Pimental	Carol Zabala	Father Joey
Neme Paulo	Peggy Faria	Maria Manosca



**Blessings of Financial Stewardship for August 3 and 4, 2024**

**Mass Collections**

5:00pm (Saturday)	\$917.00
7:30am	\$1,124.00
9:30am	\$1,618.00
5:00pm (Sunday)	\$923.09

**Online Donations** \$145.00

**Second Collection: Catholic Relief Services** \$938.09

**Other R/M** \$712.09

**Total Mass Collection** \$6,337.27

**Other Collections**

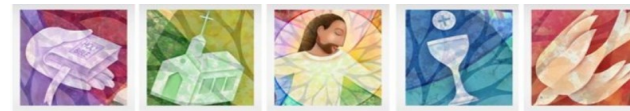
Building Fund Pledge	\$40.00
Bulletin Sponsorship	\$170.00
Candles	\$98.00
Church Donations	\$150.00
Mass Intentions	\$155.00

**Total Other Collections** \$613.00

**Grand Total:** \$6,990.27

*Mahalo for your generosity!*





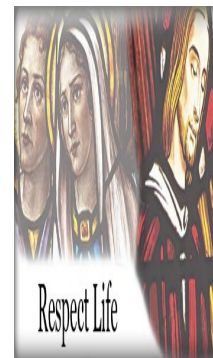
## Faith Formation



**Are you someone or do you know someone who has expressed an interest in becoming Catholic?**

Has a child over the age of seven who has not been baptized? Was baptized Catholic as a child, but has not celebrated the Sacraments of Confirmation and Eucharist? We offer an opportunity to come together in a small group to learn more about our faith. Sessions focus on the teachings and experience of Church and prepare individuals to celebrate the Sacraments of Baptism, Confirmation, and Eucharist during the Easter season. There are separate sessions for children or youth. You are welcome to participate in the process with your questions, your insights and your faith story in a warm accepting setting.

*Lilia Grace at (808)379-9446 or  
Email: Ms.lbpg@gmail.com.  
Come and join us on  
Tuesday evenings at 7:00 p.m.  
in the Religious Education building.  
God bless you!*



**During August, we give thanks for the gift of life from conception to natural death and pray for expectant parents, those with pregnancy difficulties and post abortion healing.**

**The following events respect life:**  
40/365 days for life prayers,  
Side Walk Advocates Training (TBA)  
Hawaii State Laws prayers  
Walking with Moms in Need programs

For more information, Please contact:  
Linda Susan Madamba  
Respect Life SHCW, Coordinator  
Phone: (808) 221-7794  
E-MAIL: Linda Susan\_Madamba@yahoo.com



**SHCW - PANTRY**  
*Did you know our Pantry Services hundreds of people each month with much needed food to survive! WE ARE IN ALWAYS NEED OF NON-PERISHABLE CANNED & DRY FOODS.*

**Let us always be mindful of those who are less fortunate than us**

**Please call the Pantry Coordinator for more information at (808) 741-1056**

**“THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER”**

### Church Cleaning Schedule for August 2024

August 10, 2024	Filipino Catholic Club
August 17, 2024	O.C.I.A.
August 24, 2024	Chuukese Community
August 31, 2024	Legion of Mary

*Mahalo for your continued Stewardship for cleaning the house of our Lord*

### 2024 Second Collections Office of the Chancellor

The Catholic University of America	September 7/8
'Ohana in Christ Campaign	October 5/6
World Mission Sunday	October 26/27
Catholic Campaign for Human	November 16/17
Retirement Fund for Religious	December 7/8



# Growing in FAITH™

Discovering hope and joy in the Catholic faith.

August 2024

SACRED HEART CHURCH - WAI'ANAE

## One Minute Meditations

### St. John Vianney

Difficulties with his studies almost cost St. John Vianney the

priesthood.

Ordnained because of his goodness, he had a gift for reading souls. As the Curé (pastor) of Ars, France, he was confronted with people who were indifferent to Christ and comfortable in their lifestyles. To remedy this, he spent many hours fasting and praying. He spent as many as sixteen hours a day hearing confessions. His spiritual insight and good example reclaimed thousands of lapsed Catholics.



### Don't avoid the fight

The ongoing battle for holiness can wear us down. The truth is that even if we fall a thousand times, we fight with Christ by our side. The effort pleases Him more than an easy and comfortable victory. He reminds us: Everyone who wants to be His disciple must take up their cross and follow Him.

"God dwells in our midst, in the Blessed Sacrament of the altar."  
St. Maximilian Kolbe



## Savor the fullness of Scripture

"To get the full flavor of an herb, it must be pressed between the fingers; so it is the same with the Scriptures.

If you want to get the full flavor of the Scriptures, crush them by reading and meditation."

St. John Chrysostom. Immerse yourself in God's Word to grow in holiness in this life and be happy in the next. Here's how:

Get a Catholic Bible: Ensure you have a Catholic Bible, which contains all the inspired books. The Revised Standard Version, Catholic Edition (RSVce) is an excellent choice, offering clear translations and helpful footnotes. It's also available online.

Read and listen: The Holy Spirit is

the ultimate guide to understanding Scripture. Pray for His guidance (John 16:13) and pay attention when a verse or word stands out to you.

Reflect on these moments as they often serve as conversation starters with God in prayer.

Savor slowly: Praying with Scripture is like enjoying a fine meal. Take it slowly, savoring small portions to fully appreciate its richness. Choose a random or favorite verse and meditate on it deeply.

Keep a record: It's not necessary to

journal daily, but keeping a regular prayer journal helps document lessons, thoughts, and Bible verses that strike you from your time in prayer. This "oasis" can be a source of encouragement during tough times.



## Why Do Catholics Do That?

## Why do Catholics have seven Sacraments?

Sacraments are "efficacious signs, instituted by Christ and entrusted to the Church" to convey grace (*Catechism of the Catholic Church*). Grace is a share in God's divine life. Just as food, rest, and medicine maintain our bodies, the Sacraments maintain our

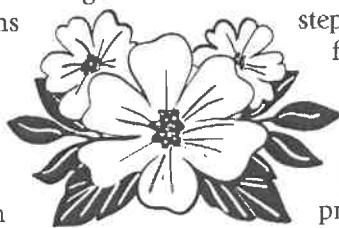


souls. The number of Sacraments was fixed at seven by the Council of Trent on March 3, 1547. These are Baptism, Confirmation, Eucharist, Confession, Holy Orders, Matrimony, and Anointing of the Sick. Each has its roots in the New Testament Scriptures.

## Use distractions to reconnect with God

The strain of a busy life can distract us from making holiness our focus. Yet, we have no hope of achieving holiness or true happiness unless God remains our focus. Pope Francis reminds us, "If the events of our life... risk suffocating the gift of prayer within us, it is enough to contemplate a starry sky, a sunset, a flower, to reignite the spark of thanksgiving." Use moments of distraction as opportunities to reconnect with God.

**Combat tunnel vision:** When confronted with a



problem, it's okay to pause and troubleshoot. If discouragement dominates your thoughts and prayers, step outside yourself. Go for a walk, chat with a friend, read a psalm, or pray for the souls in Purgatory. These actions can help shift your focus and renew your perspective.

**Cultivate holy wonder:** Appreciating the beauty of creation can be a natural gateway to prayer. Stroll through a park, admire the flowers, or listen to the birds and the wind. Such beauty often reconnects us to God when words fail.

### from Scripture

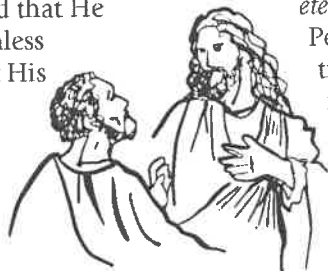
### John 6:60-69, Live-giving truth

The sixth chapter of St. John's Gospel is foundational for Catholic understanding of the Eucharist. In this reading, Jesus declared that He is the Bread of Life and unless we eat His flesh and drink His blood, we will not have eternal life.

Jewish dietary laws strictly prohibited the consumption of blood, making Jesus' offer of His own shocking and offensive. His listeners failed to see beyond the graphic interpretation of His words and many abandoned Him.

Even the Apostles were troubled by this teaching. Yet, when Jesus asked if

they too would leave, Peter spoke for the group, saying, "Master, to whom shall we go? You have the words of eternal life" (John 6:68).



Peter recognized the divine truth and life-giving power in Jesus' teachings, despite their challenging nature.

As followers of Christ, we are reminded to echo Peter's words:

"Master, you have the words of eternal life." This chapter not only emphasizes the importance of the Eucharist in Catholic faith but also highlights the need for trust and faith in Jesus' teachings, even when they are hard to understand.

### Q & A How do saints pray?

What do "holy people's" prayers sound like? We imagine sublime and poetic musings on God's perfection. In fact, the saints, while very holy, are also human and intimate with God. Here's a brief glimpse into some saintly prayers to inspire your own:

"If this is how you treat your friends, no wonder you have so few!" St. Teresa of Avila uttered this humorous phrase after being



thrown from her cart into the mud. It reflects her candid and down-to-earth relationship with God.

"Beware of Philip, Lord. He may yet betray you." St. Philip Neri, known for his wisdom, humor, and impulsive nature, knew his own weaknesses.

Rather than make excuses for himself, he confessed his errors and asked for increased graces to remain faithful to God.

"Jesus, may I put on a good face!" This prayer was recommended by St. Josemaría Escrivá to someone tasked with an "unpleasant and repulsive" chore. St. Josemaría said that sometimes the hardest cross can be fulfilling our toughest responsibilities with "a good face."

### Feasts & Celebrations

**August 12 - St. Jane Frances de Chantal (1641).** Born wealthy in Dijon, France, Jane married the Baron de Chantal and had four children. Widowed after only seven years, she founded the Order of the Visitation with St. Francis de Sales, for those unable to enter a convent.

**August 15 - Solemnity of the Assumption.** Declared a dogma of faith in 1950 by Pope Pius XII, this celebrates Mary's being taken up into Heaven body and soul at the end of her life. Today is a holy

day of obligation.

**August 19 - St. John Eudes (1680).** Born on a farm in Normandy, France, John became a priest and parish missionary. He founded the Congregation of Jesus and Mary (Eudists) in 1643 to promote devotion to the Sacred and Immaculate Hearts.

**Aug. 24 - St. Bartholomew the Apostle (1st Century).** Bartholomew is thought by some scholars to be the Apostle, Nathanael (John 1:46). After Jesus's Ascension, Nathanael spread Christianity to India and Armenia, where he was martyred.



### Our Mission

To provide practical ideas that promote faithful Catholic living.

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(Unless noted Bible quotes and references are from the Revised Standard Version and the New American Bible)