


+ March 22, 2020 * FOURTH SUNDAY OF LENT +



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SACRAMENTS, MINISTRIES & SERVICES

Contact Church Office for Details

- Annulments
- Baptisms
- Blessings
- Confirmation
- First Holy Communion
- Funerals
- Hall Use
- Home Visits
- Mass Intentions
- RCIA (Rites of Initiation)
- Adult Catechism (Studying Catholicism)
- Reconciliation
- Religious Education
- Weddings
- Youth

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Ant. 
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MARCH 17, 2020 - MARCH 31, 2020

**WITH HEAVY HEART
BUT IN SPIRIT OF OBEDIENCE
AND CHARITY**

**PUBLIC HOLY MASSES
ARE CANCELLED**

MAY THE LORD HAVE MERCY ON US!

"In my distress I called upon the LORD;
I cried out to my God.
And from His temple He heard my voice,
and my cry for help reached His ears."
2Sam 22:7

SACRED HEART PARISH - PAHOA
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Holy Eucharist/Mass Schedule:

Weekdays: Monday, Wednesday - Saturday, 8:00am
Vigil Mass: Saturday, 5:00pm
Sunday: 7:00am, 9:00am & 11:00am

Church Office Hours:
Mon, Tue, Thurs. 7:00am - 3:00pm
Weds. & Fri. 7:00am - 12:00pm
Confessions: 1st. Fri & before Masses

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Email: shpahoa@gmail.com
website: www.pahoasacredheart.org



LIVING THE WORD

A Reflection on the Gospel for the Fourth Sunday of Lent

1 Sm 16:1b,6-7,10-13a Ps 23:1-3a,3b-4,5,6 Eph 5:8-14 John 9:1-41

Today's three readings are filled with images of sight, light, and correct vision. The first reading helps us understand that our vision is often blurred by our own prejudices, our own darkness and blindness while God sees deep into the heart. In the gospel Jesus gives glory to God by giving sight to the man born blind. More importantly, Jesus helps the man to gain interior sight – insight – which empowers him to acknowledge and accept Jesus as the light of the world. It's also important to notice that the blind man hears and listens to Jesus before he ever sees him.

Today, Jesus invites us to be freed from the darkness that keeps us blind, and St. Paul encourages us to live as children of light for then we can bring forth every kind of goodness and righteousness and truth that is pleasing to God.

Take a few moments of silent prayer and reflect on what blindness do you need to be cured of at this moment in your life.

Effective March 19th through March 31st

OFFICE HOURS

Monday – Friday, 8:00 am – 12:00 pm

Can't receive the Eucharist?

Here's how to make a spiritual communion

By: Aleteia, a Catholic website

Because of the Covid-19, Bishop Larry has suspended Holy Mass until March 31st. In times like this, the Church encourages us to make an act of “spiritual communion,” where we unite ourselves to God through prayer. It is a beautiful way to express to God our desire to be united with him when we are unable to complete that union in the reception of Holy Communion.

Countless saints incorporated this type of prayer into their daily lives, not being satisfied with receiving Jesus in the Eucharist once a week or even once a day. Making an act of spiritual communion for them was an essential part of life and drew them closer to God on a daily basis.

St. Josemaria Escriva encouraged everyone to make a spiritual communion as often as they could, “what a source of grace there is in spiritual communion! Practice it frequently and you'll have greater presence of God and closer union with him in all your actions.”

Padre Pio also had a habit of making a spiritual communion throughout the day outside of the celebration of Mass. He desired to be always united with Jesus Christ in everything he did.

Below is a traditional prayer of spiritual communion that many saints have prayed over the years. The ultimate goal of our lives should be communion with God and an act of spiritual communion can help a person draw closer to that goal.

My Jesus,

I believe that You are present in the Most Holy Sacrament.

I love You above all things,

And I desire to receive You into my soul.

Since I cannot at this moment

Receive You sacramentally,

come at least spiritually into my heart.

I embrace You as if You were already there

And unite myself wholly to you.

Amen.

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Sunday, March 22nd

1 Samuel 16:1b, 6-7, 10-13a

Psalms 23:1-3a, 3b-4, 5-6

Ephesians 5:8-14

John 9:1-41 or 9:1, 6-9, 13-17, 34-38

Monday, March 23rd

Isaiah 65:17-21

Psalms 30:2 and 4, 5-6, 11-12a, 13b

John 4:43-54

Tuesday, March 24th

Ezekiel 47:1-9

Psalms 46:2-3, 5-6, 8-9

John 5:1-16

**Wednesday, March 25th
Annunciation of the Lord**

Isaiah 7:10-14; 8-10

Psalms 40:7-8a, 8b-9, 10-11

Hebrews 10:4-10

Luke 1:26-38

Thursday, March 26th

Exodus 32:7-14

Psalms 106:19-20, 21-23

John 5:31-47

Friday, March 27th

Wisdom 2:1a, 12-22

Psalms 34:17-21, 23

John 7:1-2, 10, 25-30

Saturday, March 28th

Jeremiah 11:18-20

Psalms 7:2-3, 9bc-10, 11-12

John 7:40-53

Pray for Healing

* Shirley & Steve Torres *

* Ben Beltran * Alfred Micallef

* Jan Malinowski * Charla Irvine

* Billy Kenoi * Sarah Marie

* Anwar Payne * Tom Kutcher

* Fr. Alapaki Kim * Gifara Alshahouri

* Alicia Galvan * Joseph Kealoha

* Maile Palacat * Gary Draper

* Nyah Lacro * Odysseys Tafuna

* Tommie Higgins * Kathleen Matsuda

* Peter Vana, II * Edward Micallef

* Connie Basilio

**POPE FRANCIS
PRAYER INTENTIONS**

Catholics in China

We pray that the Church in China may persevere in its faithfulness to the Gospel and grow in unity.

SOCIAL MEDIA PLATFORMS

Stay up-to-date on news and events,
visit our parish website

www.pahoasacredheart.org

and on

Instagram:

<https://www.instagram.com/sacredheartpaho/>

Facebook:

<https://www.facebook.com/Sacred-Heart-Church-Paho-125502825511053/>

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**HOW YOU CAN PARTICIPATE IN DAILY & SUNDAY MASS
ON-LINE & ON TELEVISION**



Oceanic Spectrum – Cable

Television Network: Channels: 030/408

DIRECTV – Satellite

High Definition (HD): Channel: 1408

DISH Network – Satellite

Channel 370

Channel 261



Live stream of Pope Francis daily Holy Mass from the Casa Santa Marta in the Vatican. English sub-titles are available.

<https://www.youtube.com/watch?v=4RV8VgnPaW4>



Bishop Robert Barron's Daily Mass

<https://www.wordonfire.org/daily-mass/>

You can sign up for daily Lenten Gospel Reflections by Bishop Barron

<https://dailycatholicgospel.com/sign-up-daily-gospel>

The Scripture readings for Sunday, Solemnity, and Weekday Masses are available at

www.usccb.org/bible/readings



ROMAN CATHOLIC CHURCH IN THE STATE OF HAWAII
DIocese OF HONOLULU
WITNESS TO JESUS

URGENT MEMORANDUM

To: Clergy, Religious and Laity of the Diocese of Honolulu and all Visitors to the Hawaiian Islands

From: Most Reverend Larry Silva, Bishop of Honolulu

Date: March 16, 2020

Subject: Response to the Covid-19 Pandemic in the Diocese of Honolulu

As we are all aware, we are in a unique time in which a pandemic that has had deadly effects needs to be halted. The Diocese of Honolulu has already sent out directives about how to keep as safe as possible during our liturgies and our spiritual, educational and social gatherings. The situation has rapidly changed, however, and in light of the Center for Disease Control's most recent strong recommendations for containment of this contagious virus, I am now offering these directives to be followed in all parishes, ethnic communities, and oratories in the Diocese of Honolulu.

1. **The public celebration of Mass will be canceled in all locations, effective at noon on March 17 through Tuesday, March 31, inclusive. I am dispensing all the faithful from the obligation to attend Mass on Sundays during this period.** (Please see below for more information.)
2. Funeral Masses/Services and Weddings that are already scheduled to take place during this period may proceed as scheduled, but families are encouraged to limit the number of guests so that the necessary social distancing can be accomplished. Baptisms and other services scheduled during this time are to be postponed, and no other such services are to be scheduled during this period.
3. Communal Penance Services are canceled. Priests will avail themselves for individual confessions by appointment or according to the schedule published by each parish.
4. Pastors are to do all they can to have their churches open throughout the day for private prayer.
5. All other gatherings of people in our parishes and schools are to be canceled so that social distancing can be practiced. Consideration should be given to meetings via social media platforms, if needed.
6. The Chrism Masses scheduled on Hawaii Island (March 24), Kauai (March 26), and Maui (March 31) are canceled. The Chrism and holy oils will be consecrated and blessed on Oahu on April 2, but at this point only the clergy and the liturgical ministers of that Mass will be invited to attend. The holy oils will later be sent to the Neighbor Islands.
7. The Mass for the Launch of 500 Years of Christianity in the Philippines Hawaii Celebration scheduled for April 4 is canceled and will be celebrated at a later date after the current crisis subsides.

The decision to cancel Masses is a very serious decision that was not taken lightly and that was made after consultation with the members of the Priests Council. Priests are to offer private Masses for the spiritual welfare of the people they serve, and pastors especially are still obliged to offer the Mass *pro populo* (for the people of the parish) every Sunday.

On Friday, March 27, we will reassess the situation and decide about the best course of action after March 31.

While nothing can fully replace the celebration of the Eucharist, in which we physically encounter the risen Lord Jesus as he offers us his Body and Blood for nourishment, all are encouraged to keep the Lord's day holy by spending time in prayer and reflection. Mass will be celebrated without the congregation and live-streamed from the Cathedral Basilica of Our Lady of Peace in Honolulu each Sunday at 9:00 a.m. and can be accessed at <https://www.facebook.com/HonoluluCathedralBasilica> or www.hictv.com. In addition, other parishes may livestream the private Mass of the priest, so check your parish's website to see if this service is offered. EWTN (Eternal Word Television Network – Channel 30 for cable customers; Channel 261 for Dish customers) broadcasts Mass daily.

The Scripture readings for Sunday, Solemnity, and Weekday Masses are available at uscgb.org/bible/readings. All are encouraged to spend time reflecting on these Scriptures, especially on Sundays.

During this time of crisis, let us pray for one another and for the health and safety of all in our community. For many, "fasting" from the Mass will be the most difficult fast they have undertaken, but we pray that it will help us be even more appreciative of this great gift of Christ's ongoing presence with us.

Finally, I present this prayer to you for your daily reflection and for sharing with your friends:

DIOCESE OF HONOLULU
PRAYER FOR THE COVID-19 CORONA VIRUS PANDEMIC
[by Bishop Larry Silva; March 12, 2020]

Dear God of all the living, you sent your Son Jesus to heal us from illness and sin. We turn to his healing power in this time of anxiety over the pandemic of this potentially deadly virus.

St. Damien and St. Marianne Cope dedicated their lives to service of those who had an infectious disease. St. Marianne Cope said, "I am not afraid of any disease," because she was confident of your power to save. At the same time, she took prudent precautions of hygiene to assure that she and her Sisters would not be infected.

Let us learn from this example to put our trust in you to save us from the ravages of disease and to take prudent measures to prevent its spread. Guide us to know when to isolate ourselves from the possibility of infection, but never let anyone be left without the care and concern of others in the community.

As our Diocese of Honolulu has been dedicated to the Divine Mercy, we pray with confidence, "Jesus, I trust in you."