



# The Manoa-Punahou Catholic Community

21st Sunday of Ordinary Time

August 26, 2007

## The Holy Eucharist Jesus IS the Sacrament

I once asked an eleven-year-old, whose family had made a decision to return to the Church, how he usually prays when he receives Jesus. He said "huh?" I told him I see him receive Holy Communion during mass, and I was curious about what he says to Jesus when he receives Him. This young man's eyes widened in astonishment and his jaw dropped. After a long pause he proclaimed with some wonder and a huge smile, "yeah, it really IS Jesus, I forgot!" He recalled then what he had learned four years earlier – that Jesus Truly IS present in this sacrament. Each of the seven sacraments of the Catholic Church is an "outward sign instituted by Christ to give grace." In the sacrament of the Eucharist, Jesus gives Himself to us, body, blood, soul, and divinity – He IS the sacrament.

Catholics consider the Eucharist to be "the source and summit of the Christian life."\* We are grateful that Jesus is present among us in other ways – but in the sacrament of the Eucharist, "the whole Christ is truly, really and substantially contained."\* Under the appearance of bread and wine, Jesus is physically and spiritually present. We are taught that "the principal fruit of receiving the Eucharist in Holy Communion is an intimate union with Christ Jesus."\*

We physically show our respect and gratitude with a reverent bow in the communion line before we receive this awesome gift. We kneel or genuflect when adoring the Blessed Sacrament outside of mass. The word "Eucharist" is from a Greek word meaning "thanksgiving." In celebrating this sacrament, we give our thanks and praise to God for creating us, saving us, and giving us the means to be holy through His Holy Spirit. The sacrament is a meal which nourishes us in faith and in discipleship, and is a foretaste of heaven's eternal banquet. It is a re-presentation, or memorial, of the once-for-all sacrifice of Jesus – of His Passover from suffering and death to resurrection and life. It is also a sacrifice of the Church, in which we offer the "fruit of human hands," uniting our labors, prayers, and very lives to Jesus' sacrifice of the Cross.

Many of our fellow Christians tell us that Holy Communion is merely a symbol of Jesus, and

not Jesus Himself. In his first letter to the Corinthians (Ch. 11), St. Paul tells us we must discern our worthiness before receiving the body and blood of Jesus by examining our conscience. We must be in a state of grace. And to increase our hunger - our longing - for our Lord, we abstain from food and drink (other than water and medicine) for one hour before receiving the sacrament. We know this would not be required if this sacrament was about a mere symbol. Receiving the Eucharist together as members of his Body (the Church) is a visible sign of our unity with God and one another.

Before they receive their first Eucharist, Roman Catholics are prepared by their parish religious education programs. We first gain at least some understanding about God and the Church, how we are to strive to live in Christ ("the Way, the Truth, and the Life"), and what this sacrament means to us in our journeys of holiness.

The Eucharist is one of the three sacraments of initiation (along with Baptism and Confirmation). In Sacred Heart and St. Pius X parishes, Catholic children usually attend two years of religious education class on Sunday mornings before they receive their first Holy Communion, usually in the second grade. Non-Catholic children join the RCIC process. Adults wishing to pre-prepare for the sacraments join the Rite of Christian Initiation for Adults (un-baptized adults on Sunday mornings, and baptized adults on Monday evenings at Sacred heart parish).

May each of us remember in our prayers those who are preparing to receive the Eucharist for the first time. And just as crowds of people longed to be in Jesus' presence as he walked among them nearly 2,000 years ago, may each of us strive to live in him, in holiness – and to adore the Blessed Sacrament with reverent longing and gratitude, as we prepare to encounter Him so intimately in Holy Communion.

\* from the *Catechism of the Catholic Church* (1997).

### WEEKLY SCRIPTURE READINGS

#### Sunday, August 26

Isaiah 66:18-21  
Psalm 117:1, 2  
Hebrews 12:5-7, 11-13  
Luke 13:22-30

#### Monday, August 27

1 Thessalonians 1:1-5,  
8b-10  
Psalm 149:1b-2, 3-4, 5-6a, 9b  
Matthew 23:13-22

#### Tuesday, August 28

1 Thessalonians 2:1-8  
Psalm 139:1-3, 4-6  
Matthew 23:23-26

#### Wednesday, August 29

1 Thessalonians 2:9-11  
Psalm 139:7-8, 9-10, 11-12ab  
Matthew 6:17-29

#### Thursday, August 30

1 Thessalonians 3:7-13  
Psalm 90:3-5a, 12-13,  
14, 17  
Matthew 24:42-59

#### Friday, August 31

1 Thessalonians 4:1-8  
Psalm 97:1, 2b, 5-6, 10,  
11-12  
Matthew 25:1-13

#### Saturday, September 1

1 Thessalonians 4:9-11  
Psalm 98:1, 7-8, 9  
Matthew 25:14-30

[www.usccb.org](http://www.usccb.org)



## Memory Walk/Run 2007 We're on the move to end Alzheimer's September 8, 2007

Fisherman's Wharf

Registration at 6:00 am. Walk being promptly at 7:00 am.

Runner's Fee: By September 1=\$30. After September 1=\$40.

Alzheimer's Association is raising money to take a step to end Alzheimer's. Raise \$100 and receive a Memory Walk T-Shirt. In addition, raise money and receive prizes.

Register online at <http://memorywalk2007honolulu.kintera.org>. For more information, contact Dave Hamil at 591-2771 or email at [ehano-hano@alzhi.org](mailto:ehano-hano@alzhi.org).

### East Honolulu Vicariate Social Ministry Leaders!!!



### Coffee Hour

Wed., Aug. 29  
6:30 pm

Sacred Heart  
(Wilder Avenue)

Calling all Outreach Coordinators, Social Ministry Committee Chairs, and Parish Social Ministry Team Leaders! Please attend this important Coffee Hour where we will discuss our strategy for strengthening Social Ministry in our parishes. If you are unable to attend, please send a representative on your behalf. We look forward to seeing you.

Contact Iwie Tamashiro at OSM to confirm your attendance at (toll free) 1-877-263-8855 ext 702. Or email at [itamashiro@rcchawaii.org](mailto:itamashiro@rcchawaii.org).

## URGENT! In Need of a Religious Education Teacher...

The religious education program is in need of a teacher. Can you share a few hours of your weekend with the 3rd graders? We'll give you all the training and supplies you need. Call Sacred Heart Parish Office at 973-2211 and we'll get you started. Mahalo!

## Eucharistic Ministers (EMHC) Needed

If anyone is interested in becoming an EMHC at Sacred Heart's 11:00 am Mass, please call the office at 973-2211. Thank you!

## Health & Wellness News



Begin your day with an open mind and lift your heart in prayer to God. Take a deep breath of oxygen and slowly exhale. On your journey of life it will be your "choice" to increase your flexibility and wellness options. **August 29th, 2007**, you are invited to an exercise class with a theraband at the St. Pius X Parish hall after Mass on Wednesday at 8:30 am. Come and

join us for fun, laughter, and joy.

-Luci Nelson, Parish Nurse

## Have you pre-registered for Religious Education?

September 9th is Book Pick-Up Day for Religious Education and we want to make sure our families are prepared. Postcards have been sent to families who have pre-registered for the 2007-2008 school year. If you did not receive a card, please fill out a Religious Education form conveniently located at the back of the church.

**Other dates to be aware of:**  
**September 16th**  
**Catechetical Sunday & Book Sale!**  
**September 30th**  
**Religious Education Begins!**

## Congratulations to the following students for their perfect attendance during the 2006-2007 Religious Education year!

- Kristen Kop - kindergarten
- Katie Ozawa - 3rd grade
- John Zalesky - 3rd grade
- Valen Inaura - 4th grade
- Thomas Choe - 5th grade
- Makenna Ho - 5th grade
- Jennifer Anne Yamamoto - 5th grade
- Kevin Milla - 6th grade
- Liandra Inaura - 6th grade
- Rayna Mercado - 7th grade



# Blood Pressure Screening

Sunday, September 9, 2007

After 8:30 am Mass at St Pius X Church

Please contact Luci Nelson, Parish Nurse, if you can help take blood pressure measurements at 381-3850.



## eScrip is BACK!!!!



eScrip is year-round fundraising made easy for all participants. Participating business partners (Safeway) contribute a percentage of your grocery club card purchases to our parish. Support your parish by signing up to be a member of eScrip next week after Mass (bring your card), as we kick off our eScrip Fundraising Campaign. You can also sign up online at [www.escrip.com](http://www.escrip.com) and clicking on "1-Sign Up".

If you participated last year, don't forget to renew to continue earning eScrip points. Visit [www.escrip.com](http://www.escrip.com) and click on "YES RE-NEW". For uninterrupted contributions, renew annually by November 1.

## Sponsors needed for adults preparing for Confirmation



For more information please leave your contact number at the parish office or pick up a yellow leaflet at the back of the church.

## Monday Night Team Members Needed

Parishioners are needed as Monday night team members to help baptized candidates preparing for the sacraments of the Eucharist and Confirmation. You may choose to help lead small faith sharing groups, help teach catechesis, or give general support to the group by sharing your testimonies and giving moral support.

Visit Our Website: [www.mp-cc.net](http://www.mp-cc.net)  
Email us at [general@mp-cc.net](mailto:general@mp-cc.net)

## ~STEWARDSHIP of TREASURE~

August 18-19, 2007



### SACRED HEART

Saturday 5:00pm.....\$1,545.50  
 Sunday 7:00am.....\$1,378.84  
 9:00am.....\$2,048.00  
 11:00am.....\$926.56  
 5:00pm.....\$1,272.25  
 Mail-In Offerings.....\$325.00  
**Total.....\$7,496.15**

Maryknoll Mission.....\$628.43  
 Maintenance.....\$19.40  
 Misc. Donations.....\$499.25  
 Candles.....\$49.00

### ST. PIUS X

Saturday 5:00pm.....\$847.00  
 Sunday 8:30am.....\$995.00  
 Mail-In Offerings.....\$30.00  
**Total.....\$1,872.00**

Maryknoll Mission.....\$235.00  
 Feast Day Dinner.....\$36.00  
 Candles.....\$92.15

### SACRED HEART PARISH

1701 Wilder Avenue • Honolulu, HI 96822  
 Phone: (808) 973-2211 • Fax: (808) 973-2209  
 Parish Nurse: (808) 381-3850

**Office Hours** M-F 9:00 am - 3:00 pm (*Lunch: Closed 12-1 pm*)  
 Sat 9:00 am - 12:00 pm  
**Confessions** Sat 4:00 pm - 4:30 pm or by appointment  
**Baptisms** First Sunday of the Month  
**Daily Mass** Mon-Sat 6:30 am  
**Weekend Mass** Sat 5:00 pm & Sun 7:00 am, 9:00 am, 11:00 am, & 5:00 pm

### ST. PIUS X PARISH

2821 Lowrey Avenue • Honolulu, HI 96822  
 Phone: (808) 988-3308 • Fax: (808) 973-2209

**Office Hours** M-F 9:00 am - 12:00 noon  
**Confessions** Sat 4:00 - 4:30 pm or by appointment  
**Baptisms** Second Sunday of the Month  
**Weekday Mass** Tues, Wed. & Th. 7:30 am  
**Weekend Mass** Sat 5:00 pm & Sun 8:30 am  
**Food Pantry Hours** M-F 10:00 am - 11:30 am

### MARYKNOLL SCHOOL

1526 Alexander Street • Honolulu, HI 96822  
 Phone: (808) 952-8400 • [www.maryknollschool.org](http://www.maryknollschool.org)

**Office Hours** M-F 7:30 am - 3:30 pm  
**Admissions Office** 952-7330  
**Grade School** 952-7100  
**High School** 952-7200

### KOREAN CATHOLIC COMMUNITY

2949 Kahawai Street • Honolulu, HI 96822  
 Phone: (808) 988-9678 • Fax: (808) 988-9679

**Office Hours** Mon, Tue, Thurs, Sun 9 am-1 pm, Sat 1-5 pm  
**Confessions** 30 minutes before Mass  
**Weekday Mass** Tue 10:00 am & Thu, Fri 6:00 pm  
**Weekend Mass** Sat 7:00 pm @ St Philomena  
 Sun 11:00 am & 5:00 pm

# MPCC Weekly Calendar

## **Sunday, August 26**

9:00 am-10:00 am SH RCIA, SHDR

12:30 pm-2:00 pm Baptism, SHC

6:00 pm-8:00 pm AIDS Ministry Mtg, SHBCR

## **Monday, August 27**

10:00 am-12:00 pm RENEW Fellowship,

SHBCR

6:00 pm-9:00 pm Halau Practice, PXH

7:00 pm-9:00 pm SH RCIA/Adult RE, SHBCR

## **Tuesday, August 28**

5:45 pm-7:00 pm Adult Hand Bell, SHBCR

6:30 pm-9:00 pm KaPaHulaOKalani, PXH

7:00 pm-9:00 pm Parent-Teacher Evening,  
SHP

7:00 pm-9:00 pm Liturgy Mtg, PXCR

## **Wednesday, August 29**

10:30 am-11:30 am Adult Tone Chimes, SHBCR

3:00 pm-5:30 pm SH Cantor, SHC

5:45 pm-7:30 pm SH Choir, SHC

6:30 pm-9:00 pm Social Ministry Mtg, SHBCR

7:00 pm-9:00 pm Manoa Ballroom Dance,  
PXH

## **Thursday, August 30**

4:00 pm-7:00 pm Ukulele Mtg, PXCR

4:00 pm-8:00 pm Na Wahine O Manoa, PXH

7:00 pm-9:00 pm Facilities Mtg, PXCR

7:00 pm-9:00 pm Parent-Teacher Evening,  
SHP

7:15 pm-8:00 pm Our Lady's Prayer Group of  
the United Hearts, SHC

8:00 pm-10:00 pm Manoa Ballroom Dance,  
PXH

## **Friday, August 31**

7:30 am-2:30 pm Maryknoll Faculty Mtg, SHH

12:00 pm-1:30 pm Fundraising Mtg, SHBCR

6:30 pm-9:30 pm Troop 42, SHSR

## **Saturday, September 1**

7:15 am-8:30 am Legion of Mary, SHBCR

8:30 am-10:30 am PX Choir, PXC

10:00 am-10:30 am St Vincent de Paul Mtg,  
PXCR

10:00 am-11:00 am Health Ministry Mtg,  
SHDR

### **Sacred Heart Parish (SH)**

C (Church), H (Bachelot Hall), BCR (Bachelot Hall Conference Room), DR (Dining Room), SR (Scout Room), CYD (Courtyard), MGS (Maryknoll Grade School), MHS (Maryknoll High School)

### **St Pius X Parish (PX)**

CR (Conference Room), C (Church), H (Hall), K (Kitchen)