



FASTING

- In the dioceses in the United States, Catholics aged 18 through 59 are bound to fast on both Ash Wednesday (February 18, 2026) and Good Friday (April 03, 2026).
- To fast means to consume one full meal a day at most, although taking of other, smaller quantities of food at the other customary mealtimes is permitted. Food and drink between meals (excepting water and medicine) is not permitted on days of fasting.

ABSTINENCE FROM MEAT

- Catholics aged 14 and up are to abstain from meat on Ash Wednesday, all Fridays of Lent, and Good Friday.
- To abstain means refraining from eating the flesh, marrow and blood products of beef, veal, pork, or poultry at least, although eggs and milk products are acceptable. The consumption of fish and shellfish is permitted, though the penitential character of the abstinence should be kept in mind.

EASTER DUTY

- All the faithful, after they have been initiated into the Most Holy Eucharist, are bound by the obligation of receiving Communion at least once a year. This precept is to be fulfilled during the Easter Season unless it is fulfilled, for a just cause, at some other time during the year. This period is extended to include all the weeks of Lent and the Easter Season up to Trinity Sunday (May 31, 2026).

LENTEN PRACTICES

- The faithful are encouraged during Lent to attend daily Mass, receive Holy Communion, participate in penance services, and receive sacramental absolution; to take part in public and private exercises of piety, give generously to works of religion and charity, perform acts of kindness toward the sick, aged, and the poor; to practice voluntary self-denial, especially regarding food, drink, and worldly amusements; and to pray more fervently, particularly for the intentions of the Holy Father.
- Ash Wednesday, the first day of Lent, falls this year on February 18, 2026. Ashes are to be blessed as a sign of our entry into a season of conversion, repentance, and reconciliation. Ashes are to be blessed by a bishop, priest, or deacon. Others may be associated with the clergy in the distribution of ashes.
- Funeral Masses may not be celebrated on Holy Thursday, Good Friday, or Holy Saturday, nor on the Sundays of Lent. When pastoral reasons require that a funeral be celebrated on these days, only a Funeral Outside of Mass may be held.
- To afford the faithful opportunities to participate in Lenten prayer services, pastors are encouraged to have such prayer services at least twice a week, including the Way of the Cross on Fridays, Exposition and Benediction, Evening Prayer, and evening Masses. A homily or instruction should be included.

BLESSING OF THE OILS AND CONSECRATION OF THE CHRISM

- In order to allow participation of Catholics throughout the islands, the Sacred Oils will be blessed during the Chrism Mass to be celebrated in several locations. All the faithful are encouraged to join in one of the following celebrations:

- Maui-Lanai: **Tuesday, March 3rd at 7 p.m., St. Anthony Church, Wailuku.**
- Big Island: **Tuesday, March 24th at 5:30 p.m., St. Joseph Church, Hilo**
- Kauai: **Thursday, March 26th at 6:00 p.m., Immaculate Conception Church, Lihue.**
- Oahu-Molokai: **Tuesday, March 31st at 7 p.m., Co-Cathedral of St. Theresa, Honolulu.**

THE SACRED PASCHAL TRIDUUM

- “Since Christ accomplished his work of human redemption and of the perfect glorification of God principally through his Paschal Mystery, in which by dying he has destroyed our death, and by rising restored our life, the sacred Paschal Triduum of the Passion and Resurrection of the Lord shines forth as the high point of the entire liturgical year” (Universal Norms on the Liturgical Year and the Calendar, #18). Three major liturgical principles may be of help here:
 - The Triduum may be viewed a single liturgical action that occurs over a period of three days.
 - The Triduum is not part of Lent, but in its entirety, celebrates the Easter event.
 - The entire focus of the Triduum is on the Triumph of the Cross and the Resurrection.
- The Paschal Triduum begins on Holy **Thursday, April 02, 2026**, with the Mass of the Lord’s Supper until the evening of Easter **Sunday, April 05, 2026**. Good Friday of the Lord’s Passion is on **Friday, April 03, 2026** and the Mass of the Resurrection of the Lord at the Easter Vigil is on **Saturday, April 04, 2026**.



February 8th, 2026

The Fifth Sunday in Ordinary Time

First Reading

-Isaiah 58:7-10

“Your light shall break forth like the dawn.”

Responsorial Psalm

-Psalm 112:4-5,6-7,8-9

“The just man is a light in the darkness to the upright.”

Second Reading

-1 Corinthians 2:1-5

“God chose the weak of the world.”

Gospel Reading

-Matthew 5:13-16

“You are the light of the world.”



Reflection on the Gospel

We are the salt of the earth and the light of the world. Jesus compares the disciples to two everyday objects we use: salt and light.

Salt has many uses. From seasoning food, providing hydration, cleaning surfaces, treating minor ailments, and so forth. How does comparing us to salt help us? As all of us share being created by one creator, that same creator bestowed on us gifts that are unique to each of us. All of us bring a unique flavor to the world. The question is, how can salt lose its taste? At the time of the gospel, there was no iodized salt, so there’s one possibility: when salt overpowers a dish and it becomes unfit for consumption.

Overpowering a dish with salt can be easily done. Meaning our gifts that God has given to us must be used in moderation. It is not to say being too human is the message, but being human without the intention of being good or doing things for God. Another possibility for salt losing its taste is where it can be sourced from, which is the Dead Sea. Salt from the Dead Sea is impure, which after harvesting, loses its taste. Here, being salt without impurities allows us to be gifts for a long time.

Obviously, no one lights a flame lamp and hides its luminance. Being the light of the world, we are supposed to spread that same light that Christ is. The light Christ shines is one that glorifies his Father. This gospel’s message to the disciples would be their mindset during ministry. Hiding such light has its consequences as the gospel passage implies when hiding a lamp under a bushel basket. One can look at Judas Iscariot with his actions and his fate. At the present, look how much the gospel has spread in the world.

Are we the salt of the earth and light of the world? If we are to call ourselves Christians, then we have to be. We bring flavor to the world and spread the Gospel with our words and actions.

-From the desk of Bro. Emmanuelle

Vision Statement

We are a loving community witnessing and living the Gospel of Jesus Christ.

Mission Statement

We the members of Saint Patrick Parish, are called by Baptism in Jesus Christ to: celebrate our faith as a community of believers through worship, prayer and community action, to participate in opportunities and experiences that strengthen our knowledge and love of Jesus and his Church; to foster a welcoming environment which serves our ‘Ohana and reaches out to the community at large.

-Reaffirmed 2018

1124 Seventh Avenue
Honolulu, Hawaii 96816
Congregation of the Sacred Hearts

Church est. 1929
Sunday Liturgy of the Eucharist
Saturday: 6:00 pm
Sunday: 6:30am, 8:30 am, 11:00 am

Weekday Liturgy of the Eucharist
Monday to Saturday: 7:00 am

SACRAMENTS
Contact the Parish Office for further information regarding the sacraments.
Baptism – Parent Sessions
Marriage—One year notice before marriage date.
Anointing of the Sick– Before hospitalization. This Sacrament is celebrated with family and friends.
Homebound—Eucharist is available for the sick
Penance Service—Advent and Lent
Reconciliation (Confession) Saturdays: 4:30pm to 5:00pm

Church Directory
Rev. Lusius Nimu, ss.cc. - Pastor
Rev. Bertram Lock, ss.cc. - Parochial Vicar
Dr. Fernando Ona - Deacon
Sherry Shimoda – Rectory Receptionist
Bro. Emmanuelle del Castillo, ss.cc. - Parish & School Associate

Faith Formation Ministries:
Music Ministry: Leslie Segundo – Call rectory
RCIA: Stella Christopher
Social Ministry:
Baptism: Bert Nakamura
Karen Nakamura
Eucharistic Ministry: Karen Nakamura
Lector: David Tom
Rosemarie Tom
Hospitality: Garrett Miura, Tammy Miller, Gene Vosberg

School est. 1930
Congregation of the Sacred Hearts
President: Rev. Lusius Nimu, ss.cc.
Vice President/ Principal: Shireen Santiago
Finance Officer: Hong Li Luo
Vice Principal: Gavin Kim
Registrar/Admissions: Karen Nobuji
Dean of Students: Tiani Ma’afala-Autagavaia

Contact Numbers:
Parish Office: 732-5565 Fax: 737-2477
School Office: 734-8979 Fax: 732-2851
Religious Ed. Office: (Call the Parish Office)

Parish Office hours:
Monday-Friday: 8:00am to 4:00pm
Closed 12noon to 1:00pm daily; and all day on Holidays

School Office hours:
Monday – Friday: 7:00am to 3:00pm
After School Care: 2:30pm to 5:30pm



Strengthen *Faith*.
Support *Catholic Education*.
Make a Student *Smile*.
Give the *gift* of
Catholic Education

Our Catholic schools provide a quality education to students from all ethnic, religious and financial backgrounds. The Augustine Educational Foundation provides tuition scholarships to students with a financial need in our Hawaii Catholic Schools in grades K-12. Please take a moment and give the gift of education and make a difference in a student's life.

Here are the ways you can make a gift:

Online: Visit augustinefoundation.org/donate

Check: Payable to Augustine Educational Foundation. Mail your check to Augustine Educational Foundation, 6301 Pali Hwy, Kaneohe, HI 96744. Please include your parish/island on the memo of your check for proper parish acknowledgement.

For more information, please call 808) 203-6748 or visit www.augustinefoundation.org.

Last year, nearly \$110,000 was generously donated to the Second Collection.

Mahalo Nui Loa
for your generosity
in supporting Catholic Education

Notice

St. Patrick School’s 7th & 8th Grades will be practicing Mimes: Stations of the Cross at the Church.

During school days.

Please pardon any inconveniences.

Mimes: Stations of the Cross will be on Thursday, March 12th, 2026.

February 10th, 2026
Saint Scholastica
Memorial



Saint Scholastica was the twin sister of Saint Benedict and is honored as the mother of Benedictine women’s religious life. Dedicated to prayer and community, she followed the same spirit of seeking God that guided her brother’s monastic rule. A famous story tells how her deep trust in God brought about a storm so she could continue a holy conversation with Benedict, showing the power of prayer rooted in love. Saint Scholastica reminds us that a life centered on prayer draws us closer to God and to one another. Her feast day invites us to reflect on the strength of faith lived quietly and faithfully each day.

February 14th, 2026

Saints Cyril and Methodius
Memorial



Saints Cyril and Methodius were brothers and missionaries who brought the Christian faith to the Slavic peoples of Europe. They believed everyone should be able to understand God’s Word, so they created an alphabet and translated Scripture and the liturgy into the local language. Their work helped strengthen both faith and culture in the communities they served. They remind us that the Gospel is meant to be shared with respect, wisdom, and love for all people.

February 18th, 2026

[Regulations for Lent can be seen on the back of the bulletin]

Mass Times
7 AM & 6 PM

Ash
Wednesday

Saint Patrick Church
Upcoming Events

February 7th & 8th **Second Collection**
Augustine Educational Foundation

February 18th **Ash Wednesday**
7:00 AM
8:00 AM (school)
6:00 PM

Events will be updated weekly.
St. Patrick School events can be seen here:
<https://school.saintpatrickhawaii.org/news-events/>

Church Envelopes

Please pick them up from the back of the Church or from the Rectory office,

Respect Life (“Womb-to-Tomb”) Facts

Respect Life in the Catholic Church covers the entire spectrum of life – “Womb-to-Tomb” to include abortion, contraception, end-of-life etc. Each week, we will list 3 facts regarding the Catholic Church’s teachings on Respect Life.

Abortion

- The Catechism of the Catholic Church 2270 says, "Direct abortion, that is to say, abortion willed either as an end or a means, is gravely contrary to the moral law"
- According to the Guttmacher Institute, in 2024 there were 1,038,100 clinician-provided abortions in US states without total abortion bans – which equates to 2,444 a day
- The Charlotte Lozier Institute says, “A heartbeat can first be detected at approximately 22-23 days after conception”