

Proud History Bright Future

March 1, 2009

St. Ann's Church & Model Schools 46-129 Haiku Road Kaneohe, Hawaii www.saintannshawaii.org

Fast and Abstinence

By Paul Turner



Lord, Bless my prayer, fasting, learning and giving in this season of grace, Amen.

During Lent, Catholics in the United States abstain from meat on Ash Wednesday and on all the Fridays of the season. They fast on Ash Wednesday and Good Friday. The Church encourages us to continue the fast on Holy Saturday as well, in union with those preparing for Baptism. On a fast day, people eat only one full meal; they may also eat two partial meals and should not snack between any of them.

The laws of fast and abstinence may vary from one country to another; however, they accomplish the same goals. They help us imitate the example of Jesus, who fasted 40 days to prepare for his ministry. They help us display our common repentance. More than

declaring our personal desire for conversion of heart, they strengthen our community by expressing our corporate sorrow for social sin. They teach us a detachment from passions and turn our hearts more toward God and less toward food. They make us more disciplined and more charitable.

The purpose of fast and abstinence, then, is not to punish us but to make us more loving, more prayerful, more detached from whatever may keep us from God. Fasting becomes more spiritually effective when sustained by other practices such as prayer, charity, and almsgiving. The prayers at Mass during Lent presume that the community is supporting its prayer with fasting and its fasting with prayer.

The law of abstinence binds everyone age 14 and older. We are to educate younger children in its significance. The Church expects Catholics to avoid meat on Ash Wednesday and the Fridays of Lent no matter how old they become.

Fasting binds us from our 18th birthday until after the 59th birthday. Catholics younger and older than that need not fast on Ash Wednesday and Good Friday. Nonetheless, fasting is a praiseworthy penitential practice, even when not required.

Throughout the year, Catholics fast from food and drink one hour before sharing communion.

Resource Publications, Inc., San Jose, CA 2003

First Sunday of Lent



Today's Reflection: The Church teaches us that two spiritual strands weave together to form the fabric of the season of Lent. The first and most familiar is the character of repentance: prayer, fasting, and almsgiving. The second is the baptismal character of this holy season. The unbaptized spend Lent in preparation for their baptism and most of us, the already baptized, spend this time preparing to renew the promises – the covenant – established when we were baptized. Today's readings echo this theme of the covenant between God and us – God's holy people.

When was the last time you thought of your own baptism into Christ? What are some ways you profess your faith in God?

Next Sunday's Reading – March 8, 2009

Genesis 22:1-2, 9a, 10-13, 15-18

Romans 8:31b-34

Mark 9:2-10

Genesis 22:1-2, 9a, 10-13, 15-18

God's call is one in a series. Even after the birth of Isaac, God continues to call. A first-born male represents the continuation of a father's identity and is most precious to him. Offering him to God is only secondary to self-sacrifice.

The sacrifice of Isaac presents moral problems for us. Why does God order Abraham to do what is clearly against His own law? If we follow God's Law, we are "safe," but are we following God's will? If we follow God's will, how are we sure we are not fooling ourselves?

What is more important: God's Law or God's Will?

Romans 8:31b-34

Paul uses the theme of hope to move from the suffering of the present to the glory of the Second Coming. According to Jewish lore, angels will act as prosecutors against the evils of humanity in the divine court. Paul counters this notion with Christian hope rooted in an intimate relationship with God. Why will God, the Judge, condemn someone he has already forgiven and for whom his own Son intercedes?

Christians have already received the gift of reconciliation and divine life in grace. Their status before God at the end of time is certain.

Paul's hope should be ours, in spite of daily struggles and the uncertainty of modern life.

How does the Good News give you hope in the future?

Mark 9:2-10

Mark presents a mountain top revelation charged with symbolism. Moses and Elijah, when earlier encountering God, receive their divine commissions on Mt. Horeb. Both hide their faces in holy fear. They cannot look upon the glory or power of God. Their encounter changes them.

Jesus does not hide his face. He shines with God's glory. The Voice from the cloud says, "This is my beloved Son. Listen to him." The Transfiguration is a revelation of the Trinity. The voice from heaven proclaims the words of the Father. The Son stands transformed in his glory. The Spirit overshadows the scene as the cloud.

The scene refers back to Jesus' Baptism. The difference lies in the reception of the revelation. In the Baptism, Jesus receives the revelation with others as witnesses. In the Transfiguration, the followers receive the revelation. The message is clear. To see, we need to look. To hear, we need to listen. To experience, we need to open our minds and hearts to the possibility of God's voice.

During Lent, how might we prepare ourselves to better see, hear and experience God?

www.word-sunday.com -Larry Broding, 1999 - 2009
World Library Publications, Jerry Galipeau, FEB - APR 2009

Please pray for:

Our deployed Military Personnel: Joey Adams, Kevin Blecha, Kale Akui Cabanilla, Daniel Carreiro, Jr., Joseph Carvalho, Jr., Norman Chun, David Clemons, Brian Patrick Emerson, Christopher Frost, Keoni Halemamo, Manlee Herrington, Blake Homer, Michael Hun, Matthew Ingold, Brandon W. Josue, Justin Kaihenui, Clayton Kaneakalau, Kalani Kai Liana, William Lurbe, Jr., Steven P. Middlecamp, Chad Muller, Kukea Naber, Patrick Salanoa, Michael Scarborough, Isaiah Somera, Benedict Tesoro, Bert Uyenco, Jacob A. Wruck

Please continue to pray for all our military and their families and help us be current in our listing by letting us know when they return.

Our sick members and friends: Aunty Sophie Akui, Boo-D Alapag, Anna Alisna, Jeanette Anderson, John Andrade, Jr., Josanne Arriaga, Marcel Brancaloni, Rob Brkljacich, John Cambra, Jr., Hilda Cannon, Fernando Castro, Mary Cerny, Ella Chai, Kuuipo Chai, Florentino Dela Cruz, Eva Elderts, Charlene Fong, Betty Funayama, Denise Galvin, Raymond Gonzales, Tina Gutosky, Rachel Hee, Mildred & Norma Ishimoto, Allan Kalua, Florence Karimoto, Kapua Kauwale, Calvin Lock, Thomas Lum, George McCumber III, Cleghorn McKee, Kekoa Medeiros, Moana Medeiros, Ross Medeiros, Pamela Medeiros Mercado, Bernadette Miranda-Sequin, Mildred Nakagawa, Shirley Nakamura, Clara Okazaki, Benjamin Pamatigan, Sr., Denis Park, John Regan, Daryl Jean & Lei Salima, Andres Saplada, Nicholas Saplada, Jim Serrao, Megan Silva, Donna Soares, Judi Spencer, Betsy Takai, Jeannette Taylor, Mary Teves, Bernard Vierra, Kalani Walser, Adeline Wenska, Zion Whitfield, Eugene Wong, Smitty & Diane Wong, Skip Wright, Tran Xuyen, Bobby Yee

Our deceased members & friends: Speckman Chang, Mabel Kihara, Phyllis Leonard, George Lewis, Conching Espiritu Rabara, Monica Reyes, Harolyn Schubert, William & John Wilkinson, Joey Yoshizawa

Anniversary of Death: Thomas Chang (9th,) Walter Dang (10th,) Gladys Rack (13th)

Special Intentions: Mark Bennett, Veronica Cambra, Brian Cayetano, Sr., Kaipo Cayetano, Robert Kalua, Derek De Lima, Tilly & Manny De Mello, Lanny Fong, Emily Halas, Lylia Ishihara, Carol Luke, Francis Mundon, Geraldine Nichols, Chris Treakle



Cleaners: Week of 2/22/2009

Don Barton, Dennis Chai, Billie Corpuz, Maleko Fagasa, Nancy Fukushima, Ligaya Guzman, Don Hee, Susie Hipolito, Angela Jocson, Barbara Kaina, John & Betty Kaniaupio, Frank & Carmen Kiyabu, Agnes Leong, Raynette Lum, Aileen & Judy Ma, Kim McDaniel, John Quisano, Arlene & Bill Rodenhurst, Curly Rodrigues, Gary Sakamoto, Bev Yearian

Floral Donations: St. Ann's Gardens

Floral Arrangers: Mervin & Renae Chun

Married and Loving It! *(Most of the Time)*

Join us for an afternoon of Marriage Enrichment. Couples of all ages are welcome. Come renew your dreams, increase the passion in your relationship, improve on couple decision-making, and more.

Date: Saturday, March 7, 2009

Time: 1:00P - 5:30P at the Church

(Child Care provided)

To register, call the Rectory at 247-3092, ext. 231. Sponsored by *Worldwide Marriage Encounter & St. Ann's Church.*

Catholic Women's Guild

All are welcome to join us for a General Meeting and Membership Drive Mass & Luncheon:

Date: March 14, 2009

Time: 10:30A Mass

Place: St. Ann's Church

Celebrant & Guest Speaker: Fr. Christopher Keahi

Followed by a luncheon at **Paewalani Retreat Center at 45-901 Waialele Road, Kaneohe**

Cost: \$15 (members) \$5 (prospective members)

Please call to **RSVP: Alice Secor at 261-5658.**

Free Income Tax Preparation

For taxpayers with middle and low-income, with special attention to those age 60 and older.

Location: Key Project

47-200 Waihee Road, Kaneohe
Phone: 239-5777

Schedule: Every other Thursday @ 6P-9P

Every other Saturday @ 9A - 1P

Location: Ho`okipa Kahaluu

47-330 Ahuimanu Road, Kaneohe
Phone: 239-5777

Schedule: Every other Tuesday @ 9A - 12N

Every other Saturday @ 9A - 1P

Call: Vickie (808) 469-0368 between 4P - 8P (Monday - Saturday ONLY)

For more information, call:

- **AARP TAX-AIDE 1-888-227-7669**
- **Aloha United Way 1-808-275-2000**
- **AUW Hotline 211**
- **www.hawaiiataxhelp.org**

"Asanteni Sana!" (*Thank You Very Much!*)



Fr. Severin Yagaza and Fr. Herman Gomes are truly thankful for your generous support. – Photo courtesy: Wick Tonti

On behalf of the children orphans and the whole community of faith in the Diocese of Tanga in Tanzania, I would like to thank the faithful

and the parish clergy of St. Ann's Church for your great generosity to the spiritual and material needs of our children. Your generous response to the appeal is extremely phenomenal. Your gift totaled: **\$15,771.77**

Your contributions will reach our needy children and bring hope to their lives. I personally thank each one of you for your great love during my visit and stay in your parish. I have truly experienced God's love through each one of you. May God continue to bless you and your loved ones as you journey this Lenten Season and joyfully celebrate the Paschal Mystery to come.

God's Blessings,

Fr. Severin P. Yagaza

Centering Prayer Workshop Series

This Lenten season we invite you to deepen your prayer practice with Centering Prayer, a quiet inner experience of God. We sit in silence and consent to God's action and presence. It emphasizes prayer as a personal relationship with God. If you want to learn more about Centering Prayer, you are welcome to attend this introduction. Persons of all faiths are welcome.

Date: Saturday, MAR 14, 2009 (Session I)

Place: St. Ann's Parish Center

Time: 8:30A - 1:00P

Cost: Free (*Donations welcome.*) Bring a bag lunch.

The series start with the ½-day workshop on Saturday and continues with a series of six mini-sessions on Wednesday evenings at 7:15P, St. Ann's Parish Center, 2nd floor.

For more information or to register contact Cheryl Treiber-Kawaoka at 235-1907 or email: cohi@lava.net.

To find more information on Centering prayer, visit: <http://www.contemplativeoutreach.org>. Books and various publications on Centering Prayer are soon to be available at St. Ann's Resource Center.

What Is Taizé Prayer?

Taizé (pronounced "tay-zay"), in the south of Burgundy, France, is the home of an international ecumenical community dedicated to reconciliation. Founded in 1940 by Brother Roger, it is made up of more than 100 men, Catholic and Protestant, from more than twenty-five nations. Life in the community focuses on prayer and Christian meditation. Young people from all over the world visit Taizé each week to join in the community life.

Taizé has spawned a unique style of worship that reflects the meditative nature of the community. Taizé prayer is done worldwide in prayer services that include scripture readings, meditative songs, silence, and Veneration of the Cross. - <http://www.taize.fr/en>

Join us as we prepare our hearts and minds during the Lenten Season. St. Ann's will sponsor this unique style of prayer and welcomes all to participate.

*Everyone is invited to St. Ann's
2009 Taizé prayer service:*

Dates: Fridays, MAR 13 & 27

Time: 7:30 PM

**Place: St. Ann's Church,
46-129 Haiku Rd., Kaneohe**

*(Starting soon after the 7:00PM
Stations of the Cross.)*



*For more information please call
247-3092, ext. 231.*

Stewardship

Be Good Stewards Of Your Time And Talent

"I didn't realize what I was getting into." That's a statement we sometimes make when we find it necessary to back out or turn away from some responsibility we've previously accepted.

Thinking Of The Honor

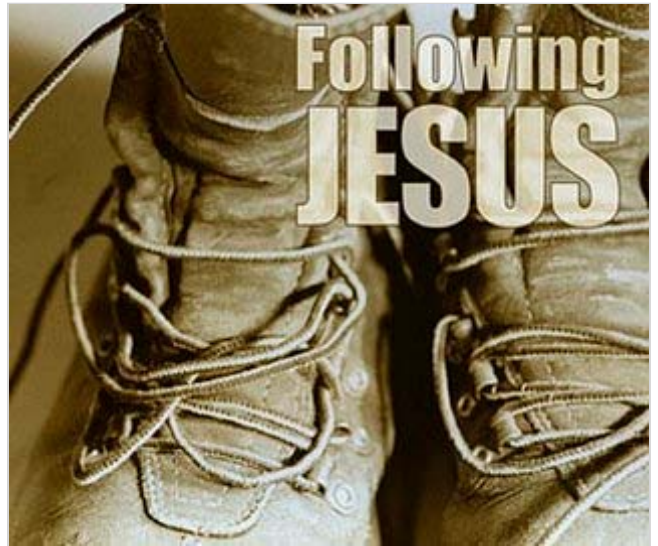
Perhaps we'd been asked to chair a community or school committee. We accepted, thinking of the honor. Months later, we resign after discovering that the job was all work, little thanks, and no honor at all. We hadn't seen all that when we'd agreed to take on the task.

Re-Think Your Commitment

Lent invites us to rethink our commitment to follow Jesus and be good stewards of our time and talent. "My way," Jesus says, "requires you to deny yourself and carry a cross. Are you sure you want to come with me?"

Share Our Gifts Of Treasure

Lent also invites us to share our financial resources by making truly sacrificial offerings. Our gifts should be a faith response; a commitment from the heart.



Self-Denial Means Commitment

Self-denial does not mean treating ourselves as dirt. Rather, it means answering the call of Jesus even when the call is to something we would not choose. It also means being so committed to Christ that we see him brighter and more clearly than we see the hard road.

Stewardship, Parish Publishing, New Canaan, CT March 2006

FINANCIAL PROFILE FOR WEEK OF February 22, 2009

Regular Collection	14,651.50	BUILDING CAMPAIGN	
Special Collection (Tanga)	15,771.77	Loan Amount	180,156.57
Children's Weekly	34.50	Week of 2/22/2009	1,629.50
Building Fund and Pledges	1,629.50	Interest	
TOTAL COLLECTION	32,087.27	BALANCE	178,527.07

For the needed renovations of the Parish Center and on-going maintenance, thanks to you we have a great start!

CAPITAL CAMPAIGN (Total to Date): \$261,687.55

Gift-wrap your Sunday donation by using the church numbered envelopes. Call the Rectory, 247-3092, ext.244

How Do I Share God's Gifts With Others?

- I shared ½ of my cookies and cake with my neighbors. – Keila M.
- I helped my Mom wash dishes without being asked. – Taylor S.
- I helped my sister clean the bathroom. – Laynee S.
- I shared my hula talents with my family and friends. – Kanoelani E.
- I made some lemonade for my Mom when she was sick. – Theresa D.
- I shared my snack with my friends. – Alyssa L.

Lenten Opportunities

Stations of the Cross

During the Season of Lent, we invite you to take part in the Stations of the Cross *every Friday beginning at 7:00P in the Church.*

St. Ann's Penance Service

Date: Wednesday, March 24, 2009

Time: 7:00P in Church

Next Spiritual Retreat (BCC)

Strengthen your faith and deepen your relationship with God. Take this opportunity to open your heart and renew your spirit. Grow stronger as a faithful witness to Jesus.

Dates: March 6 - 8, 2009

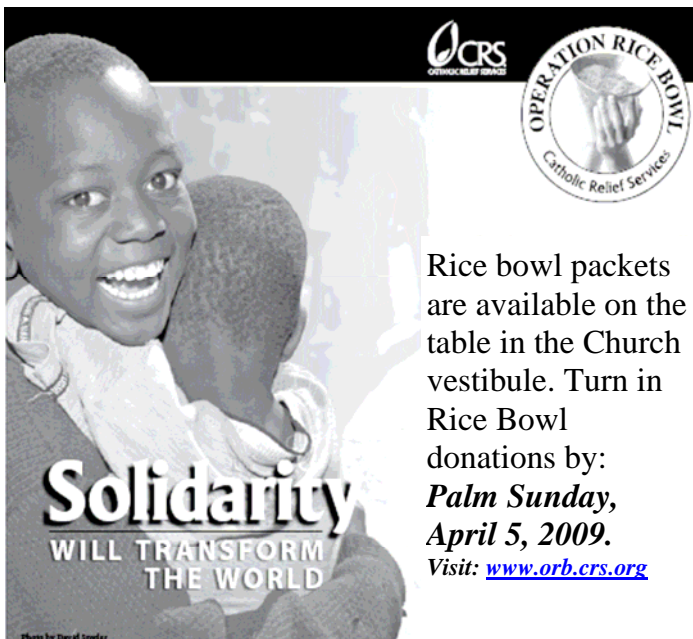
Time: 5:00P Friday - Mid-afternoon
Sunday

Place: St. Anthony's Retreat Center

Information fliers are available at the back of the Church or visit their website: www.bcchi.com

Operation Rice Bowl - 2009

Our faith community will join millions of U.S. Catholics this year by participating in Operation Rice Bowl. This is a six-week Lenten program of prayer, education, fasting and almsgiving to promote peace and justice for the poor and hungry in the world.



Rice bowl packets are available on the table in the Church vestibule. Turn in Rice Bowl donations by: **Palm Sunday, April 5, 2009.** Visit: www.orb.crs.org

Solidarity
WILL TRANSFORM THE WORLD

Photos by David Zupia

Lenten Recipe

This week: *Fast* from snacking and abstain from meat on Fridays always being mindful of your Lenten sacrifice and promise. Prepare this simple meal:

“Super Easy” Tuna Casserole

1 tbsp. butter or margarine

1 tbsp. flour

1 sm. round onion (diced)

1 can Cream of Mushroom soup

1 cup 1% milk or non-fat creamer

2 cans of Tuna (drained)

½ pkg. frozen peas/carrots

Sauté onions in butter in a deep saucepan for about 5 minutes and lightly sprinkle with flour. Add milk or non-fat creamer while stirring. Then, add cream of mushroom soup until well blended into mixture. Next, add in tuna, stir and then add peas and carrots. Simmer on low heat for about 10 - 15 minutes. Serve with rice or over your favorite pasta. (Serves approximately 4-5.) – *Recipe by: Chris L.*

“GIVE-UPS” For Lent

Give up bitterness, turn to forgiveness.

Give up negativism, be positive.

Give up pessimism, be an optimist.

Give up worry, trust Divine Providence.

Give up anger, be more patient.

Give up gloom, enjoy the beauty around you.

Give up gossiping, control your thoughts.

Give up hatred, return good for evil.

Give up complaining, be grateful.

Give up harsh judgments, think kindly thoughts.

Give up discouragement, be full of hope.

Give up pettiness, be more mature.

Give up jealousy, pray for trust.

Give up sin, turn to virtue.

St. Paul encourages us to fill our minds with everything that is true, good and pure. He realized it wouldn't be easy, but he knew there is always grace. All the saints agree on this, HOLINESS IS POSSIBLE. Your holiness is possible, so don't give up on yourself.