

Kid's Corner

February is the month that we normally associate with St. Valentine. But there are many other wonderful saints whose feast days fall during this month. Can you match the fun fact to the saint?

1. This saint was the sister of St. Benedict, who had a vision of her ascending into heaven when she died in the year 543.

2. This saint is a patron saint of Ireland, along with St. Patrick. She founded a double monastery and a school of art in Kildare,

- ♥♥♥♥♥♥♥♥♥♥♥♥♥♥♥♥
- ♥ Choices:
- ♥ St. Brigid/Bridget
- ♥ St. Ethelbert
- ♥ St. Jerome Emiliani
- ♥ St. Onesimus
- ♥ St. Polycarp
- ♥ St. Scholastica
- ♥♥♥♥♥♥♥♥♥♥♥♥♥♥♥♥

where learning and spirituality flourished.

3. Paul mentions this martyr and former slave in his Letter to the Colossians, and is also the runaway slave described by Paul in his letter to Philomen. Paul baptized this man and came to consider him as his own son.

4. A disciple of St. John the Evangelist, this man was a model of holiness and faith in Christ during a time of intense Christian persecution. He was martyred by being burned alive, but eyewitnesses reported that instead of consuming him, the flames surrounded him like sails and seemed to glow. His persecutors stabbed him when it seemed the fire could not kill him.

5. St. Augustine converted this man, who was the king of Kent, England. Upon his conversion and baptism in the year 597, he brought a large portion of the populace into the church but he never enforced conversions. He also converted the kings of East Saxons and East Angles.

6. Once a proud military commander, this man gave himself to God in a dark dungeon cell after he was imprisoned by his enemies. Upon his release, he hung his dungeon chains on the wall of a nearby church so he would not forget his physical and spiritual imprisonment. He devoted himself to the care of the helpless and less fortunate and used his own money to house, feed, and clothe orphans. He is the patron saint of orphaned and abandoned children.



Visit our web site, www.mp-cc.net for the answers.

✠ Prayer Intentions ✠

Please complete the form below with your request & drop it off in the box located on the back table of the church or in the collection basket at Mass. Your Prayer Intention will be received and remembered in prayer before the Blessed Sacrament by The Manoa-Punahou Catholic Community.

Your Name: _____

For the Intention Of: _____

Type of Prayer Intention: (check box)

- | | |
|---|--|
| <input type="checkbox"/> Birthday | <input type="checkbox"/> 1st Communion |
| <input type="checkbox"/> Wedding/Marriage | <input type="checkbox"/> Confirmation |
| <input type="checkbox"/> Anniversary | <input type="checkbox"/> Outpouring of the Holy Spirit |
| <input type="checkbox"/> Healing | <input type="checkbox"/> General Intentions |
| <input type="checkbox"/> Repose of the Soul | <input type="checkbox"/> Vocation |
| <input type="checkbox"/> Baptism | |

Visit our web site www.mp-cc.net to send additional prayer intentions.

The Newsletter of the Manoa-Punahou Catholic Community

Ka Lama Kuhikahi

Vol 2, Issue 2 "The Beacon" February 2004

Lenten mission 2004

"Journey with the Holy Spirit"



Since 1998, biannual missions (spiritual "mini-retreats") have been a regular part of parish life for the Manoa-Punahou Catholic Community.

Each year, we invite a wide variety of speakers who touch our community in different ways.

This Lent, we will be blessed with the inspiration of Paulist Father Rick Walsh who will lead the mission entitled, "Journey with the Holy Spirit," from **March 1 to 4.**

Father Rick is a talented speaker who inspires through stories and personal experience. He has a broad range of experience ministering in parishes, schools, and local communities throughout the United States.

The goal of the mission is to share the Paulist devotion to the Holy Spirit and, through prayer, song, storytelling, and preaching, to help everyone realize the Holy Spirit's presence in our lives today.

The Holy Spirit brings people together. The Holy Spirit drives away all fear. And the Holy Spirit gives meaning and purpose to life.

The Paulist Fathers, founded some 150 years ago, are especially committed to evangelization and strengthening the faith of Catholics. Through their parish mission programs, radio and television work, and publishing, they share the good news of Jesus Christ in a way that addresses the needs and aspirations of contemporary culture.

Parishioners will have an opportunity to meet Father Rick when he offers most of our Masses on the weekend of **February 28-29**, the First Sunday of Lent.

The mission schedule will be as usual – morning sessions at St. Pius X Parish at 10 am followed by a light lunch. The evening sessions are at Sacred Heart Parish at 7 pm and will be followed by refreshments, except for Wednesday evening, which will end with a Reconciliation Service.

Sometimes parishioners ask how we can prepare for the mission. The best preparation is prayer! Make time each day for prayer. Maybe even consider taking one day off before or during the mission just for a day of prayer. And please invite a friend to attend the mission. Part of our daily prayer might include the Mission Prayer:

Mission Prayer

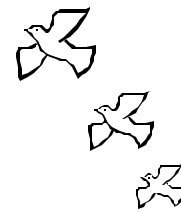
Come Holy Spirit,
who hovers over the waters of chaos.
Calm our disturbances,
our troubled waves,
our clamor of words,
our whirlwinds of vain activity.

In our need for security
from the flood waters of need,
we have built towers that have
only succeeded in separating us
from You and each other.

Holy Spirit,
encourage us to embrace love,
to let go of fear,
and seek help from You in others.

May our pride and selfishness
dissolve in our resolve
to be secure in our insecurity
and thereby always do Your will.

AMEN!



Frequently Asked Faith Questions (FAQ)

Why in some Churches is the Tabernacle kept in a separate space?



The placement of the tabernacle in which the Blessed Sacrament is reserved is up to the local bishop, according to information from the guidelines from the United States Conference of Catholic Bishops and the General Instruction of the Roman Missal. There are many things that a bishop takes into consideration when making this determination. It may also vary from parish to parish, according to the design of the church. If for instance a parish has a continuous adoration of the Eucharist, then most likely the tabernacle would be in a separate chapel, so as not to interfere with normal activities of the parish or its daily liturgical celebration. The area where the tabernacle is placed should be suitable for adoration and for the private prayer of the faithful. The placement of the tabernacle is also covered in the Code of Canon Law and according to the Code of Canon Law, the Eucharist is to be reserved "in a part of the church that is prominent, conspicuous, beautifully decorated, and suitable for prayer." The guidelines also state that there is to be only one tabernacle in the church.



RENEW – Renewing the MPCC From the Inside Out

In addition to the physical improvements to Sacred Heart Church and some planned improvements to St. Pius X hall, the MPCC will begin a community-wide spiritual renewal program called RENEW in September 2004. RENEW is an international program designed for spiritual renewal and adult faith formation through small faith-sharing groups. During the three-year process, parishioners will have the opportunity to deepen their faith and strengthen their family life by developing close friendships with other parishioners who share common backgrounds or interests with them.

Sister Louise Alff, Parish Life Services, RENEW International, was here working with our leadership in January, said: "RENEW is a total parish renewal process. It creates a style of parish that continually calls us to deeper holiness, strengthening community, developing gifts, and integrating faith with our lives." Sacred Heart successfully completed the RENEW program several years ago.

Two groups, one led by Dr. and Mrs. Irwin Lee and one led by Jim and Rita Ariyoshi, are still in existence. Dr. Linda Nishigaya, the chair of the pastoral council, also went through the RENEW process. The RENEW core community made up of parishioners from Sacred Heart and St. Pius X parishes will be making preparations for RENEW during the next several months preceding commencement of RENEW in the Fall. "RENEW got me involved in ministry because it is prayer and reflection, but it is always a call to action," she said. "It definitely brought me closer to Christ and to the community. We are Christians in a community - that is what identifies us. It is a community effort." Linda said that after attending the RENEW program, she wanted to get involved with the parish and she joined the parish council. "I came to a point where I wanted to give back and I have been involved ever since."

In January, the RENEW core community members began meeting with Sister Louise Alff, from the RENEW International Ministry based in New Jersey. Sister Maureen Colleary will return in February and March to work with the invitational ministry and the liturgy team.



Natural Family Planning by Laura Chipchase

What do you think when you hear the words "natural family planning"? You may know that natural family planning (NFP) is the only form of "birth control" sanctioned by the Catholic Church but think NFP is just the rhythm method with a fancier name. You are partly right. NFP is the only method of spacing children approved by the Church, but it is very different and far more effective than the rhythm method, which incorrectly assumed every woman ovulated on day 14 of her cycle. In fact, modern NFP has an effectiveness rate of 97 percent--equal to any form of birth control short of sterilization--yet is completely natural, moral and marriage-building!

So how does NFP work? NFP is a scientific method for either achieving or avoiding pregnancy that relies on proven biological indicators of fertility, such as a woman's basal body temperature, taken immediately upon waking at the same time every morning. Basal body temperature (detected with a simple basal thermometer available at drug stores) changes throughout a woman's cycle, dropping slightly before ovulation and then rising to a high point for the remainder of the cycle. During the first phase, conception is unlikely but not impossible. During the second phase (the fertile time around ovulation), conception is possible. During the third phase, conception is virtually impossible.

Secular doctors use these same principles to help couples struggling with infertility to pinpoint ovulation. And because each woman observes her own fertility signs as they happen, NFP works for women with irregular cycles and can even help some women detect the source of their irregularity.

Although couples should have sufficiently serious reasons to avoid pregnancy, the Catholic Church fully approves of NFP as a method to plan family size while at the same time respecting the sanctity of human life. Unlike chemical or surgical methods of preventing pregnancy, NFP is immediately "reversible" from month to month and is not abortifacient, like birth control pills, which have the power to prevent a newly fertilized egg from implanting in the womb.

NFP is also marriage-building. Where standard methods of birth control typically place full responsibility for contraception on one spouse, NFP encourages cooperation between spouses. Generally, a wife's role is to observe the changes in her body throughout her cycle and the husband keeps a chart of her temperatures to determine the fertile phase of the cycle.

The marriage-building aspects of NFP are reflected in a statistic from one source that places the divorce rate among couples practicing NFP at a mere *five percent*, compared to the national average of fifty percent. When we allow God to have a place in our marriage, beautiful things can happen!

If you would like more information on NFP, please visit www.ccli.org or contact our local NFP instructors: Ed & Betty Coda at 839-0837 or Howard & Jo Markle at 836-1262. This article is merely an overview of NFP and is not a substitute for a full course on NFP with a qualified instructor.

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MOTHER TERESA: A LIFE OF DEVOTION - by A&E's Biography—VHS VIDEO - She responded to her calling like no other in modern times. For over 50 years, Mother Teresa dedicated herself to the "poorest of the poor." She earned countless accolades and awards-yet as her fame grew, she remained unchanged, giving all she had to help the least fortunate. This portrait is highlighted by interviews with those who knew her and features extensive footage from Mother Teresa's long life of service.
#V1238, 50 mins., \$14.95

Calendar of Events

- Feb 7 Saturday 5:30 pm Mass @ SH is cancelled (for safety & security reasons)
- Feb 9 MHS Junior Commitment Ceremony @ SH 5:00 pm
- Feb 12 Quiet Prayer & Benediction @ SH 7:00 pm
- Feb 14 Valentine's Day
- Feb 14 "Improvements at Heart" Groundbreaking Ceremony @ SH 1:00 pm
- Feb 16 Offices closed (President's Day)
- Feb 18 MHS Arts Nite @ SH 6:00 pm
- Feb 25 Ash Wednesday (Fast-No Meat)
- Feb 25 Ash Wednesday Service, SH 6:30 am
- Feb 25 Ash Wednesday Service, PX 7:00 am
- Feb 25 Ash Wednesday Service, PX 5:30 pm
- Feb 25 Ash Wednesday Service, SH 7:00 pm (Bilingual)
- Feb 29 First Sunday of Lent
- March 1-4 Lenten Mission by Father Rick Walsh, C.S.P.
- March 7 Second Sunday of Lent



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Layered Broccoli Wild Rice Casserole

Submitted by Linda Mistysyn

- 4 cups cooked wild rice, about 1 cup uncooked
- 2 tbsp butter
- 2 tbsp finely chopped onion
- 2 tbsp flour
- ½ tsp salt
- 1 cup milk
- ½ dairy sour cream
- 6 broccoli stalks, cut in half, lengthwise, cutting through the flowerette
- 1 cup shredded cheddar cheese, about ¼ lb
- 6 slices bacon, fried, drained and broken into small pieces

Melt the butter and sauté the onion in the butter, stirring until onion begins to soften lightly, sprinkle in the flour and salt, stirring and cooking over low heat until mixture is smooth. Slowly stir in the milk, cooking and stirring until the sauce thickens slightly. Fold the sour cream into this and set aside.

Steam the broccoli until just barely tender. Drain well. Layer half of the cooked wild rice in the bottom of a lightly buttered shallow oblong casserole, about 7x11 inches. Alternating the flowerettes towards the sides of the casserole, place the broccoli, cut-side down, on top of the rice. Spoon the remaining rice down the center of the broccoli. Sprinkle the cheese over the center of the rice and sprinkle bacon over both the cheese and the rice on top of the broccoli. Cover and refrigerate until ready to reheat. Serves 6-8.

Gibbs Wild Rice
www.gibbswildrice.com

RENEW PRAYER

Gracious God and Father, We are your people embraced by your love. We thank you for your presence with us throughout all time.

Create us anew through Jesus Christ your Son.
Liberate us from all that keeps us from you.
Send your Holy Spirit, enabling us to share in your work of recreating our world and restoring justice.

Heal us from every form of sin and violence.
Transform us to live your Word more profoundly.
Reconcile us so enemies become friends.
Awaken us to the sacred: nurture our relationships.
Enliven our parishes: reunite our families.

Fill us with joy to celebrate the fullness of life.
Empower us to be a community of love growing in your likeness by the grace of Christ our Lord. Amen.

www.renewintl.org

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