



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

Memorandum

TO: All Clergy, Religious Orders, Catholic Schools & Parishes

FROM: Rev. Alfred Omar Guerrero, Director of the Office of Worship

DATE: January 16, 2024

RE: **Diocese of Honolulu 2024 Lenten Regulations (Updated 1/16/2024)**

FASTING

- ❖ In the dioceses in the United States, Catholics aged 18 through 59 are bound to fast on both Ash Wednesday (**February 14, 2024**) and Good Friday (**March 29, 2024**).
- ❖ 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 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 26, 2024**).

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 14th**. 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 are encouraged to join in one of the following celebrations:
 - a. Kauai: **Tuesday, March 5th at 6:00p.m., St. Raphael Church, Koloa.**
 - b. Maui-Lanai: **Thursday, March 14th at 7 p.m., Holy Rosary Church, Paia.**
 - c. Big Island: **Thursday, March 21st at 5:30 p.m., St. Joseph Church, Hilo.**
 - d. Oahu-Molokai: **Tuesday, March 26th 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:

- a. The Triduum may be viewed a single liturgical action that occurs over a period of three days.
- b. The Triduum is not part of Lent, but in its entirety, celebrates the Easter event.
- c. The entire focus of the Triduum is on the Triumph of the Cross and the Resurrection.

NOTE: The above directives should be published in parish bulletins for the benefit of the faithful, adding any specific parish or vicariate events. What follows pertains only to clergy and liturgy planners and need not be published for parishioners.

EUCCHARISTIC PRAYERS FOR RECONCILIATION

- ❖ Priests should consider using the two Eucharistic Prayers for Reconciliation from time to time during the season of Lent.

THE PASCHAL CANDLE

- ❖ “The Paschal candle should be prepared, which for effective symbolism must be made of wax, never be artificial, be renewed each year, be only one in number, and be of sufficiently large size, so that it may evoke the truth that Christ is the light of the world. It is blessed with the signs and words prescribed in the Missal.”

[Note: Since the Paschal candle is to be lit for all liturgies during the Easter season and during baptisms and funerals, it often happens that the candle burns down so much that it no longer is a sign that clearly proclaims Christ’s victory over the darkness of sin and death. To prevent this from happening, parishes are encouraged to purchase candles that will be able to be proper symbols until the following Easter Vigil. In the Diocese of Honolulu, if the pastor judges that the Paschal candle blessed at the Easter Vigil is no longer able to be the sign it is meant to be, the parish should replace it with a new Easter candle. However, there is no special ceremony for blessing the second candle. It should simply be prepared in the sacristy with the proper date, then placed in the candle holder.]

- ❖ A glass chimney is recommended to shield the flame of the Paschal Candle at the Easter Vigil liturgy from the time it is lit until it is safely standing in its place in the church.

THE EASTER DISMISSAL WITH ALLELUIAS

- ❖ The dismissal, from the Easter Vigil through the Octave of Easter, ending with the Second Sunday of Easter, inclusive, should be followed by a double Alleluia! preferably sung. The same is true for the liturgies of Pentecost Sunday and its Vigil. *The double Alleluia is not added at other liturgies during the Easter season.*

When pastoral necessity requires it, the local Ordinary may allow duplicate liturgies on Holy Thursday and Good Friday, but not the Easter Vigil.

Please feel free to contact me at the Office of Worship, 808-585-3342 or alguerrero@rcchawaii.org, should you have any questions.

Blessings!



Established
July 5, 1840

St. Michael the Archangel Parish

We are disciples who act justly, love tenderly, and walk humbly with God.

Churches: † Immaculate Conception-Holualoa † Holy Rosary-Kalaoa † St. Paul's-Kawanui † St. Peter's by-the-Sea-Kahalua
St. Michael's Church 75-5769 Alii Drive | Kailua-Kona, HI 96740 | Phone: (808) 326-7771

Email Address: stmichaelarchangel@rcchawaii.org / **Office Hours:** Monday through Friday | 9am—4:30pm

WEEKDAY MORNING MASSES: 7am Monday through Saturday at St. Michael the Archangel

WEEKDAY EVENING MASSES: 5pm Mon Tues Thurs Fri (English) & 6pm Wed (Spanish) at Immaculate Conception

Adoration: Wednesday 7:30am—4:45pm / **Confessions:** Saturday 9am at St. Michael's Church

WEEKEND MASSES: Sat 4pm, Sun 7am, 9am, 1:30pm, 4pm / **SPANISH MASS:** Sun 11:30am

Gift Shop Hours: Mon - Tue - Wed - Fri 9:30am - 1:30pm & Sun 6:30am - 2:30pm

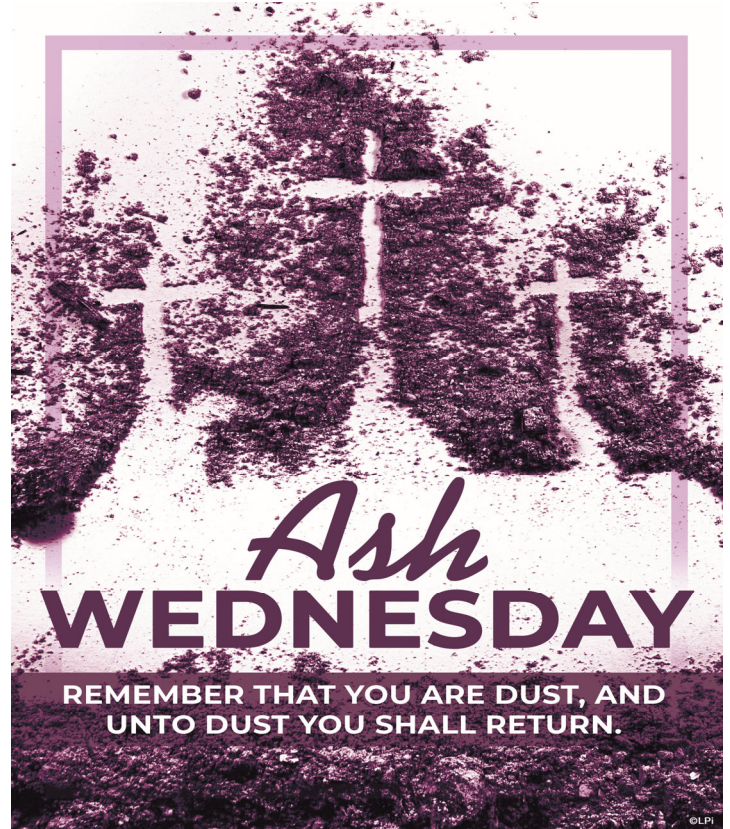
Website: stmichaelparishkona.org **February 14, 2024 | 14 de febrero 2024**

Ash Wednesday

Reading I - Joel 2:12-18 | Psalm - 51:3-4,6ab,12-13,14,17 | Reading II - 2 Corinthians 5:20-6:2 | Gospel - Matthew 6:1-6,16-18
Primera Lectura - Joel 2:12-18 | Salmo - 50:3-4,5-6a,12-13,14,17 | Segunda Lectura - 2 Corintios 5:20-6:2 | Evangelio - Mateo 6:1-6,16-18

Why Ashes? (by Fr. Larry Rice)

For centuries, Catholic Christians have marked the beginning of the season of Lent by receiving ash on their foreheads on Ash Wednesday. This tradition has its roots in the Old Testament, where wearing ashes was a common sign of repentance for sins, and a sign of one's humility before God. Since Lent is a season of penitential renewal through prayer, fasting, and almsgiving, it's appropriate that this ancient sign marks the beginning of the season. The ashes themselves are usually made by burning the palm fronds from the previous year's Palm Sunday. This symbolically connects the beginning of Lent with its end, connecting our change of heart with Christ's passion, death, and resurrection. Ashes are usually distributed as part of the Mass on Ash Wednesday, often after the homily. As people approach the priest or other minister, he presses the ashes to their foreheads, and speaks one of two phrases: "Remember that you are dust, and to dust you shall return," or "Repent and believe in the Gospel." In many places, Ash Wednesday services are among the most popular of the whole year - a day that's not even a Holy Day of Obligation. Cynics have suggested that this is because people "get" something, as they do on Palm Sunday. But there's nothing particularly appealing about getting smudged with ashes. Perhaps, the appeal is the expression through a physical sign of a desire for interior conversion. The Gospel for Ash Wednesday is a reminder that the real purpose of the season of Lent isn't to make public demonstrations of piety - even the wearing of ashes - but to seek conversion of heart. Fr. Larry Rice is the former vocations director for the Paulist Fathers. -<https://www.usccb.org/resources/Why%20Ashes.pdf>



What is the Meaning of Lent?

As Catholics, the spiritual pillars of prayer, fasting and almsgiving guide us in daily reflection on our own lives as we strive to deepen our relationship with God and neighbor - no matter where in the world that neighbor may live. Lent is a time of personal and spiritual growth, a time to look outward and inward. It is a journey in mercy.

Aloha! Welcome to Our Parish—We hope you will find our parish community a place where your faith will be nourished. We encourage you to register with the parish. Registration forms are available in the kiosk, or can be completed online at stmichaelparishkona.org. To our visitors, we pray that you enjoy your stay in Kona and are blessed with safe travels home.

Catholic Relief Services Rice Bowl

CRS Rice Bowl is a Catholic program for Lent that encourages families to put their faith into action through **prayer, fasting, and almsgiving**. Here's what you need to know:

Purpose: CRS Rice Bowl aims to raise awareness about global issues such as **hunger and climate change**. It invites Catholic families to learn how people around the world overcome hardships and how Lenten alms can make a positive impact.

How It Works:

Prayer: Families engage in prayer during Lent, reflecting on the challenges faced by vulnerable communities.

Fasting: Participants practice fasting, which helps them empathize with those who experience hunger.

Almsgiving: Families contribute alms to CRS Rice Bowl. These funds support projects that address hunger, poverty, and other critical needs in **over 100 different countries**¹.

Stories of Hope: CRS Rice Bowl shares inspiring stories from Catholic Relief Services' work worldwide. These stories demonstrate how Lenten alms can transform lives and create solutions to pressing issues.

Meatless Fridays: As part of the program, participants are encouraged to try **meatless recipes** each Friday during Lent.

Get Involved: Families can participate by using the familiar cardboard CRS Rice Bowl to collect Lenten alms. Additionally, CRS provides resources for activities, reflections, and more.

Rice Bowls are available at each Mass on Ash Wednesday. Extra bowls will be available in the kiosks.

What is Lent?

Lent is a 40 day season of prayer, fasting, and almsgiving that begins on Ash Wednesday and ends at sundown on Holy Thursday. It's a period of preparation to celebrate the Lord's Resurrection at Easter. During Lent, we seek the Lord in prayer by reading Sacred Scripture; we serve by *giving alms*; and we practice self-control through *fasting*. We are called not only to abstain from luxuries during Lent, but to a true inner conversion of heart as we seek to follow Christ's will more faithfully. We recall the waters of baptism in which we were also baptized into Christ's death, died to sin and evil, and began new life in Christ.

Many know of the tradition of abstaining from meat on Fridays during Lent, but we are also called to practice self-discipline and fast in other ways throughout the season. Contemplate the meaning and origins of the Lenten fasting tradition in this *reflection*. In addition, the giving of alms is one way to share God's gifts - not only through the distribution of money, but through the sharing of our time and talents. As St. John Chrysostom reminds us: "Not to enable the poor to share in our goods is to steal from them and deprive them of life. The goods we possess are not ours, but theirs." (Catechism of the Catholic Church, no. 2446).

In Lent, the baptized are called to renew their baptismal commitment as others prepare to be baptized through the *of Order of Christian Initiation for Adults*, a period of learning and discernment for individuals who have declared their desire to become Catholics.

Diocese of Honolulu 2024 Lenten Regulations

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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.

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 exercise 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.

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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 are encouraged to join in one celebration.

Hawaii Island Chrism Mass will be held on **Thursday, March 21st at 5:30pm at St. Joseph Church in Hilo**.

The Sacred Paschal Triduum - "Since Christ accomplished his work of human redemption and of the perfect glorification of God prin-

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Pastor and Vicar Forane of the
West Hawaii Vicariate

REV. ROYD MWEEMBA
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ROBERT LEOPOLDINO / DON DAVID
Capital Campaign Committee Chairs

TJ MOSES
Parish Life Coordinator

WALTER BACXA
Music Ministry

RENE LEMUS
Music Ministry & Spanish Baptism Ministry

CAROLINE SMITH / LOUELLA BRANCO
Funeral Ministry

PAULETTE ADAMS
Wedding Coordinator

MAYRA RAMIREZ
Spanish Wedding Coordinator

BILL CULHANE
Food Pantry Ministry

THELMA BACXA
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cipally 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:

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- Diocese of Honolulu, Office of Worship

Why is Lent Forty Days?

The forty-day length of Lent is rooted in the biblical usage of the number forty. Forty is typically indicative of a time of testing, trial, penance, purification, and renewal. In the New Testament, forty days is the length of Jesus' time of trial in the desert in preparation for his public ministry, proclaiming the Gospel. The forty-day period of Jesus' trial in the desert echoes a number of events in the Old Testament:

- The face of the earth was cleansed and purified during the promised period of days and nights that rain poured down during the great flood - "I will bring rain down on the earth for forty days and forty nights, and so I will wipe out from the surface of the earth every moving creature that I have made" (Gen 7:4).

- The face of the earth was renewed during a forty day period after the mountain tops appeared and the waters of the great flood receded - "The tops of the mountains appeared. At the end of forty days Noah opened the hatch of the ark that he had made" (Gen 8:5-6).

- Moses fasted for forty days and nights on Mount Sinai before receiving the tablets of the covenant - "So Moses stayed there with the Lord for forty days and forty nights, without eating any food or drinking any water, and he wrote on the tablets the words of the covenant, the ten commandments" (Ex 34:28).

- The Ninevites were given forty days before God was going to destroy the city, allowing time for repentance and conversion - "Jonah began his journey through the city, and had gone but a single day's walk announcing, 'Forty days more and Nineveh shall be destroyed,' when the people of Nineveh believed God; they proclaimed a fast and all of them, great and small, put on sackcloth" -Jon 3:4.

Lent 2024 Events Schedule

SUNDAYS DURING LENT

Sun Feb 28th Children's Rosary: After 9am Mass
Sun Mar 31st Children's Rosary: After 9am Mass

FRIDAYS DURING LENT

Via Crucis (Stations of the Cross):
English: After 5pm Mass at St. Michael
Español: 6pm at Immaculate Conception in
Hōlualoa (Garden or Church if rain)

MARCH

Sat 2nd: Youth's 1st Reconciliation: 9am
Mon 11th: Penance Service at Annunciation in
Waimea (Confession): 6pm
Tue 12th: Penance Service at Sacred Heart in
Hawi (Confession): 6pm
Mon 18th: Penance Service at St John in
Kealakekua (Confession): 6pm
Tue 19th: Penance Service at St Michael in
Kailua-Kona (Confession): 6pm
Wed 20th: Penance Service at Our Lady of
Lourdes in Honoka'a (Confession): 6pm
Thu 21st: Chrism Mass with Bishop Larry: 6pm
St. Joseph's Church in Hilo

HOLY WEEK

Holy Thursday of the Lord's Supper - March 28th
Morning Prayer: 7am
Holy Mass: 6pm

Good Friday - March 29th
Morning Prayer: 7am
Stations of the Cross: 12noon, 3pm
Good Friday Liturgy: 6pm

Holy Saturday - March 30th
Morning Prayer: 7am
Easter Vigil of the Holy Night: 6pm

Easter Sunday - March 31st
Mass: 7am - English/"Ōlelo Hawai'i
9am - English
11:30am - Español
1:30pm - English
4pm - English

**"For I was hungry, and you
gave Me something to eat..."**

—Matthew 25:35

The Food Pantry Ministry

The Food Pantry is open the 2nd
and 4th Saturdays of the month
**from 9—9:45am at Immaculate
Conception Mission Parking Lot.**

Journey to the Foot of the Cross: Ten Things to Remember for Lent

- * Remember the formula. The Church does a good job capturing certain truths with easy-to-remember lists and formulas: 10 Commandments, 7 sacraments, 3 persons in the Trinity. For Lent, the Church gives us almost a slogan—Prayer, Fasting, and Almsgiving—as the three things we need to work on during the season.
- * It's a time of prayer. Lent is essentially an act of prayer spread out over 40 days. As we pray, we go on a journey, one that hopefully brings us closer to Christ and leaves us changed by the encounter with him.
- * It's a time to fast. With the fasts of Ash Wednesday and Good Friday, meatless Fridays, and our personal disciplines interspersed, Lent is the only time many Catholics these days actually fast. And maybe that's why it gets all the attention. "What are you giving up for Lent? Hot dogs? Beer? Jelly beans?" It's almost a game for some of us, but fasting is actually a form of penance, which helps us turn away from sin and toward Christ.
- * It's a time to work on discipline. The 40 days of Lent are also a good, set time to work on personal discipline in general. Instead of giving something up, it can be doing something positive. "I'm going to exercise more. I'm going to pray more. I'm going to be nicer to my family, friends, and coworkers."
- * It's about dying to yourself. The more serious side of Lenten discipline is that it's about more than self-control—it's about finding aspects of yourself that are less than Christ-like and letting them die. The suffering and death of Christ are foremost on our minds during Lent, and we join in these mysteries by suffering, dying with Christ and being resurrected in a purified form.
- * Don't do too much. It's tempting to make Lent some ambitious period of personal reinvention, but it's best to keep it simple and focused. There's a reason the Church works on these mysteries year after year. We spend our entire lives growing closer to God. Don't try to cram it all in one Lent. That's a recipe for failure.
- * Lent reminds us of our weakness. Of course, even when we set simple goals for ourselves during Lent, we still have trouble keeping them. When we fast, we realize we're all just one meal away from hunger. In both cases, Lent shows us our weakness. This can be painful, but recognizing how helpless we are makes us seek God's help with renewed urgency and sincerity.
- * Be patient with yourself. When we're confronted with our own weakness during Lent, the temptation is to get angry and frustrated. "What a bad person I am!" But that's the wrong lesson. God is calling us to be patient and to see ourselves as he does, with unconditional love.
- * Reach out in charity. As we experience weakness and suffering during Lent, we should be renewed in our compassion for those who are hungry, suffering, or otherwise in need. The third part of the Lenten formula is almsgiving. It's about more than throwing a few extra dollars in the collection plate; it's about reaching out to others and helping them without question as a way of sharing

the experience of God's unconditional love.

- * Learn to love like Christ. Giving of ourselves in the midst of our suffering and self-denial brings us closer to loving like Christ, who suffered and poured himself out unconditionally on the Cross for all of us. Lent is a journey through the desert to the foot of the Cross on Good Friday, as we seek him out, ask his help, join in his suffering, and learn to love like him. - Bishop David L. Ricken of Green Bay, Wisconsin, Former Chairman
Committee on Evangelization and Catechesis of the (USCCB)

Ten Commandments For Those Who Struggle with Scrupulosity

1. Do not repeat prayers, no matter how badly they may have been prayed, even if the prayers were given to you as a penance during the Sacrament of Reconciliation (Confession).
2. Do not repeat the confession of sins that have already been confessed and which have never been re-committed.
3. If you doubt the earnestness of your sorrow in Confession, consider the sorrow as having been adequate.
4. If you are doubtful as to whether a past action committed was sinful, mention it simply to your confessor.
5. If you are worrying that maybe you never confessed a certain sin from your past, consider it confessed. If you know for a fact that you have never confessed that sin, then confess it simply. The Holy Spirit does not torment us with doubts and/or guilt; rather, He always brings peace as He awakens our conscience to our sins. (cf. 2 Corinthians 7:10-11: "Indeed, sorrow for God's sake produces a repentance without regrets, leading to salvation, whereas worldly sorrow brings death. Just look at the fruit of this sorrow which stems from God. What a measure of holy zeal it has brought you.")
6. Examine your conscience for no longer than three minutes each day, and for no longer than about ten minutes before you go to Confession.
7. If you have prayed at the time of temptation, you can be sure you did not commit a mortal sin.
8. If you have a history of scrupulosity, and you have made a General Confession at some time in your past, do not make another General Confession. Once a month is a good norm for the frequency of a regular Confession.
9. If possible, go to Confession to the same confessor-priest.
10. Most importantly, cultivate a humble heart by complete obedience to the direction of your confessor. Be patient with yourself. Love is the goal of all our lives. It is important to remember that scrupulosity usually (and, quite often, ultimately) stems from one's personal pride or arrogance, as though the scrupulous person holds this personal opinion: "I have a higher norm than most normal people."

Fr. Wade L. J. Menezes, CPM, *The Fathers of Mercy*
806 Shaker Museum Road Auburn, KY 42206 (270) 542-4146
<https://fathersofmercy.com/ten-commandments-for-those-who-struggle-with-scrupulosity/>