



# St. Theresa's Cathedral

P.O. Box HM 1191, Hamilton, HM EX, Bermuda  
 Tel. 441-292-0607 – Fax 441-292-2477  
 Office Hours: 10:30 a.m. – 4:30 p.m.  
 Diocesan Website: [www.romancatholicbermuda.bm](http://www.romancatholicbermuda.bm)



St. Theresa's Website: [www.sttheresascathedral.com](http://www.sttheresascathedral.com) - Email: [sttheresas@northrock.bm](mailto:sttheresas@northrock.bm)

## Bishop Wes Spiewak, CR, Diocese of Hamilton in Bermuda

Chancery Office & Holy Calvary Cemetery Office: 232-4414 – [orcc@northrock.bm](mailto:orcc@northrock.bm)

IN RESIDENCE: Rev. Julio Blazejewski, C.R., Portuguese Episcopal Vicar

Visiting: Permanent Deacon David Swain

St. Vincent de Paul Society Parish Rep: Joanne Judd

Parish Catechetical Coordinator: (CCD) Anne Amarasinghe - [ccd@northrock.bm](mailto:ccd@northrock.bm)

St. Theresa's Gift Shop: 292-0416 – Shop Hours: 10:00 a.m. – 2:00 p.m. (Tuesdays, Thursdays, Fridays & Saturdays)

**Confessions:** Saturday at 5:30 to 6:00 p.m. or by appointment

**Baptisms:** By appointment – 5 weeks in advance

**Weddings:** By appointment – 1 year in advance. Lenten Pre-Marriage Course is required for all weddings here or elsewhere

**Facebook:** Our Catholic Diocese is on Facebook. Visit our page & "LIKE" us and join our on-line community.

	DATES	TIMES		INTENTIONS FOR
Sat.	Feb. 09	6:30 pm	+	Jeffrey Mark Medeiros
Sun.	Feb. 10	8:30 am		St. Theresa's Parish Family
		10:00 am	+	Zulmira Botelho
		11:30 am 6:00 pm	+	Victor Moniz & Arminda & Manuel Garrafa
Mon.	Feb. 11	7:30 am		
Tues.	Feb. 12	7:30 am		Intentions of Daphne DeSilva
Wed.	Feb. 13	7:30 am		Intentions of Daphne DeSilva
		12:10 pm	+	Ben DeSilva
Thurs.	Feb. 14	7:30 am		Intentions of Daphne DeSilva
		12:10 pm		
Fri.	Feb. 15	7:30 am		
		12:10 pm		
Sat.	Feb. 16	6:30 pm	+	Jeremiah Tiahan
Sun.	Feb. 17 (Portuguese)	8:30 am	+	Antonio Rebello & Mr. & Mrs. Joao DaCosta
		10:00 am	+	Manuel de Medeiros, Maria de Jesus Andrade, Maria de Lurdes Lima & Jose S. de Oliveira
		11:30 am 6:00 pm	+	Victor Moniz & Arminda & Manuel Garrafa St. Theresa's Parish

### NEXT WEEK'S MINISTRY SCHEDULE: 16<sup>th</sup>/17<sup>th</sup> February, 2019

	6:30 pm	8:30 a.m.	11:30 a.m.	6:00 p.m.
<b>Eucharistic</b>	C. Johnson	I. Smith	A. Marayag	A. Bechter
<b>Ministers:</b>	J. Sorrentino	P. DeSilva	E. Mosley	
<b>Lectors:</b>	J. Judd	B.-D. Knights	V. Turner	H. Bravo
	M. Baccaglio	M. Smith	M. Faries	
<b>Altar Servers:</b>	L. Simas I. DaSilva	C. Scarth T. Amarasinghe	Dr. A. Maxwell	
<b>Song Leaders:</b>	G. Medeiros	M. Amarasinghe	M. Gravitto	L. Niere

#### SUNDAY & SPECIAL OFFERINGS WITH ONLINE BANKING & PARISH ENVELOPES

Please make direct payments to the Bank of Butterfield **Acct #20-006-060-482732-100** and include "Sunday Offering" or "Special Collection" in the memo field. Also, the parish encourages the use of Sunday Offering Envelopes to promote the concept of stewardship of treasure.

**Martin Pastor**, is the Organist and Choir Director of St. Theresa's Cathedral. Anyone interested in music ministry may contact him at [choirguy33@gmail.com](mailto:choirguy33@gmail.com).

### CHRISTIAN STEWARDS

On our best days, we are keenly aware of the blessings of life: faith, relationships, talents, gifts, and resources. We are awake to and aware of the world around us and see God's hand in all of creation. Yet in our human frailty, we lose sight. We fail to perceive and become blind to the blessings within and around us. We even go so far as to take it all for granted, and sometimes yearn for more, searching for more earthly wealth and material riches rather than seeking and finding what is always there — the presence of God in our very midst.

In this extended moment of Ordinary Time, let us be mindful that nothing in this life is "ordinary." All is extraordinarily and abundantly filled with the life and grace of God, which we are called to steward well.

*Taken from ICSC – E-Bulletin Feb 2019*

### SPECIAL EVENTS & DATES

**Feb 9/10: The Sacrament of the Anointing of the Sick** will be administered after each Mass this weekend.

**Feb 9/10: Second Collection** for Maintenance will be taken at all Masses.

**Feb. 16: Mid Term Break.** NO CCD.

**Feb. 17: St. Theresa's Coffee Social/Gathering** after the 11:30 am Mass. Come & enjoy some fellowship and if you can bring goodies, that would be appreciated.



**WEEKLY STEWARDSHIP THOUGHT:**

Stewardship involves a willingness to give from the very core of who we are and what we have; from substance rather than abundance.

***Steward's Sharing of Treasure***

	<u>Date</u>	<u>Actual</u>
<b>Collection:</b>	Feb. 2 <sup>nd</sup> /3 <sup>rd</sup> :	\$ 4,704.00
	To Date: (5 <sup>th</sup> week)	\$ 20,309.00

*Thank you for your generosity.*

**ST. THERESA'S CHAPEL**



**February 10<sup>th</sup> – 16<sup>th</sup>, 2019 - 2 Roses & 2 Seven-Day Candles  
"In Memory of John C. DeSilva"**

**INTRODUCTION:** Today's readings attest to the fact that God's call list is littered with seemingly unworthy people. And God's call has come — and still comes — in countless ways, including in lofty visions, among crowds of people, and in the midst of unabashedly simple work. The presence of the so-called "Hound of Heaven" is everywhere. Thinking "I am not worthy" didn't work for others, and it won't work for us. We may as well put our energy into watching and listening.

**WORLD DAY OF THE SICK: The Sacrament of the Anointing of the Sick** will be administered after each Mass this weekend, **9<sup>th</sup>/10<sup>th</sup> February, 2019**, which is the World Day of the Sick.



**CARNIVAL/MARDI GRAS:**

St. Theresa's Cathedral is hosting a Carnival/Mardi Gras evening on Saturday, 23<sup>rd</sup> February at 7:45 pm in St. Theresa's Hall. This will be a Dinner/Dance Event. Please be

creative and come dressed in Mardi Gras Masquerade! Tickets: \$25 Adults, \$15 Children. Children under 5 years are free. Tickets are available from St. Theresa's Rectory Office and from the Parish Council members after weekend Masses. Please call St. Theresa's Parish Office at 292-0607 Ext. 2 for further information.

**CATHOLIC YOUTH GROUP – We Want You!**

Think the gospels don't apply to you? Think they're too outdated for today's world? Guess again! Come to the Bermuda Catholic Youth Group this **Thursday, 14<sup>th</sup> February @7:30 pm in the MSA gym** to find out just how relevant they are!



**PREPARING FOR STEUBENVILLE:**

Start marking your calendars! Steubenville is coming up fast! Want to go deeper in your faith? Trying to meet new people? Or are you just looking to get away from the world for a bit? DM us on Facebook (BermudaCatholic YouthGroup) or Instagram (@catholicyouthbda) for more info!

**BISHOP'S CORNER**



Dear Fellow Catholics,

We remember anew on the 11<sup>th</sup> of February the World Day of the Sick. This urges me, not only to invite you to pray for the sick, but also, to bring our attention to the way we treat our own bodies.

"Civilization diseases" are often called diseases of the 21st century. These include diabetes, obesity, hypertension and other diseases of the heart and cardiovascular system, as well as cancers, depression and neurosis. Civilization diseases are not only present in the elderly. Due to the rapid development of technology, they also appear among young people and even children. Civilization diseases are common and occur globally. Their emergence and considerable spread is paradoxically caused by the achievement of greater civilizational and technical progress by modern humans.

The pace of societal development is the most general cause of civilization diseases. Specifying factors one can list are: industrialization and constant development of urban areas and the related environmental pollution, new technologies, climate change, depletion of natural resources, noise and threats resulting from unhealthy lifestyle - understood as eating greasy and significantly processed foods, low physical activity, sedentary lifestyle, smoking, alcohol consumption, nervous tension and stress, which in turn contributes to the development of the main cause of civilization diseases - obesity.

In comparison to other diseases, civilization diseases cause more than 80% of deaths. They contribute significantly to the deterioration in ones quality of life. Civilization diseases spread very quickly. The incidence of one of them carries an increased risk of developing a different one. All these diseases have commonalities caused by the fast pace of daily living. The main component for prevention is a healthy lifestyle. Introduce a regular diet to include balanced meals eaten at regular times. Drink at least two liters of water a day slowly and at intervals. Get enough asleep and reduce exposure to stress factors. To avoid many diseases, limit the use of sugar and stimulants such as alcohol and cigarettes which contain toxins that poison the body.

I know from my own experience how tough it is to follow this kind of lifestyle. However, I want you to not only be saved in eternity, but to also have a long and happy life on earth. So have a good and healthy week!

*Bishop Wes*

**"CARITAS", HOUSE OF PRAYER":**

**\*\* "Quiet Wednesdays"** continue on February 13<sup>th</sup>: Recitation of the Rosary will take place at 10:30 am and will be followed by exposition until 12 noon. We will be having Mass at 6 pm. Father Vladimir will be the celebrant. Celebrating the Eucharist around the dining room table is very special and provides the opportunity to reflect on the true meaning of the Pascal Sacrifice. All are invited, including children and teens.

**\*\*Sunday, February 17<sup>th</sup>**: Presentations 9 and 10 on the Spiritual Exercises of St Ignatius will be held at Caritas from 2 - 4 PM and 6:30 to 8:30 PM. All are welcome, especially last February's retreatants and our associates.

**\*\*Plan for Lent:** For the six Wednesdays of Lent, we will have soup/rolls available as in past years as we pray with Bishop Baron on "The Mystery of God". Details at the beginning of March. There will be both noon and early evening presentations.