

The Lord said to her...
“Martha, Martha, you
are anxious and worried
about many things. There
is need of only one thing.
Mary has chosen the
better part, and it will
not be taken from her.”

LUKE 10:41–42

Keeping Your Balance

FR. JOSEPH JUKNIALIS

These days, when people come to confession, they seldom list their sins by name and number. Quite often, it seems, they simply talk about their lives, about the chaos in which they seem to be living, about the relationships that are less than what they would hope, about the values they’ve let slide sometimes into the muck, about how they’ve turned in upon themselves, and about how caring for others has faded from their lives. After they’ve told their stories, I will usually ask if they take any time in the day to be quiet and if they pray in whatever way they find helpful and with some regularity. Invariably, they will say that they’ve let such prayer time slip away; that they have not been praying the way they once did. In such cases, I often suggest that as penance, they take some time—even just a

little time—in the next day or two to simply quiet themselves in the presence of God.

Life will always tend to be chaotic. These days, there is too much going on for life not to be. But, quiet and reflective prayer seems to bring a balance, a refocusing upon what is important and what is trivial. Without that, we can become overwhelmed and lose our way. It is what the Martha/Mary story is about. It’s not that our own Martha-service is not worthwhile. It’s crucially important in order to make life hum along in an orderly fashion. But without Mary’s reflective part, our lives can become muddled drudgery. ●

Reflect

How would prayer help me keep myself grounded and centered?



St. Theresa's Cathedral

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Bishop Wes Spiewak, C.R. Diocese of Hamilton Bermuda

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IN RESIDENCE: Rev. Dandy Traje, C.P., Rector Tel: 292-0607 Ext. 3

Mrs. Karen Scarth, Cathedral Administrator Tel: 292-0607 Ext. 2

Monday – Friday from 10:00am –4:00pm

St. Theresa's Catechetical (CCD) Leader: Maria Pacheco sttheresasccd@gmail.com

St. Vincent de Paul Society Parish Rep: Joanne Judd & Tommy Sinclair

St. Theresa's Gift Shop: 292-0416 Shop Hours: Tuesday's & Saturday's from 10:00am—2:00pm

Confessions: By appointment only, at this time

Baptisms: By appointment – 5 weeks in advance

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

Website: www.romancatholicbermuda.bm – Where you can find information about our Diocese.

Facebook: www.facebook.com/CatholicDioceseBermuda – Visit our page & "LIKE" us to join our on-line community.

| DATES | TIMES | INTENTIONS |
|--------------------------------|--|--|
| Sat. July 19th | 6:30pm | + Manuel Bizarro, José Oliveira, Maria de Lourdes, + Maria Encarnação Martins |
| Sun. July 20th (Portuguese) | 8:30am 10:00am 11:30am 6:00pm | Special Intentions of John & Dorothy Pacheco + José Fernando Pimentel, António Pimentel, João + Carlos Frias, Angelina Botelho, Senhor Padre Júlio + Eugenia Malanga St. Theresa's Parish Family |
| Mon. July 21st | 7:30am | Special Intentions of Sierra Pacheco |
| Tues. July 22nd | 7:30am | Anthony & Aileen Galea, Wedding Anniversary & Thanksgiving |
| Wed. July 23rd | 7:30am | Bishop Emeritus Robert Kurtz, Birthday wishes |
| Thurs. July 24th | 7:30am | In Honor of Our Lady of Medjugorje |
| Fri. July 25th | 7:30am | Special Intentions of Deon Dennis Jr. |
| Sat. July 26th | 6:30pm | St. Theresa's Parish Family |
| Sun. July 27th (Portuguese) | 8:30am 10:00am 11:30am 6:00pm | + Harold & Esther Madeiros + Roy Thomas + Souls in Purgatory |

NEXT WEEK'S MINISTRY : July 26th & 27th, 2025

| Time: | 6:30pm | 8:30am | 11:30am | 6:00pm |
|-----------------------------|--|--|---------------------------------------|------------------------------|
| Proclaimer: | A. Donaghy | H. DeSilva | I. Aleria A. Cannonier | R. Bercasio |
| Communion Ministers: | G. Alayon C. Johnson A. Machado C. Maiato | H. Cabral E. Cabral O. Scarth I. Brackstone | C. Kieck E. Mosley J. Alcantara | M. Tan A. Tan A. Galea |
| Song Leaders: | B. Barreto-Hogan | M. S. Brackstone | D. Mutch | Kids Choir |

ST. THERESA'S GIFT SHOP: A new shipment of bibles, rosaries, holy water bottles, etc. has just arrived at the Gift Shop—all at a great price! Do stop by & support our little store!

PLEASE NOTE OUR GIFT SHOP SUMMER HOURS:

Closed:

From Cup Match, July 31st to Aug 15th

On call during closure:

Judy Sorrentino 747-2481

Open Saturdays only:

August 16th, 23rd, & 30th

Resuming Tuesdays & Saturdays:

September 9th onward



SUNDAY & SPECIAL OFFERINGS WITH ONLINE BANKING & PARISH ENVELOPES Please make direct payments to St. Theresa's Cathedral at **BNTB A/C #2000 6060 4827 32100** and include "Sunday Offering" in the memo field. Also, the parish encourages the use of **Sunday Offering Envelopes** to promote the concept of stewardship of treasure. **Thank you** for your continued support in remembering the needs of the Cathedral!

FILIPINO MASS SCHEDULE:

St. Theresa's Cathedral

7pm 1st Friday of the month

St. Patrick's Church

7pm 2nd Friday of the month

St. Joseph's Church

11am 3rd Saturday of the month

Stella Maris Church

7pm Last Wednesday of the month



ST. VINCENT de PAUL SOCIETY:

Please consider a direct deposit or cash donation to the SVDP Society.

Direct deposit to SVDP Socie-

ty – BNTB BDA #2000 6060 4767

11100 or USD # 8400 7847 30010

or use the SVDP envelopes.



RECTORY OFFICE HOURS:

Please note that on **Wednesday, July 30th**, the Rectory office hours will be **1-4pm**, for any of your church needs.



LOST & FOUND:

Have you, or do you know of someone who has lost a children's book?

If so, please stop by the Sacristy after mass, and have a look from the pile of abandoned books at our Lost and Found table.





STEWARDSHIP THOUGHT:

Today's reading speaks of hospitality. Abraham, who cheerfully did for his guests all that desert hospitality required, was rewarded with his heart's desire - a son. Martha also busied herself with all the details of hospitality, but grudgingly and with complaint. Am I a cheerful or a grudging giver?

Steward's Sharing of Treasure

| | Date | Actual |
|--------------------------|------------------|--------------|
| Collection: | July 12th/13th | \$4,226.00 |
| Electronic offering: | July 12th/13th | \$1,720.00 |
| 2025 Collection To Date: | Week 29 | \$176,157.00 |
| Peter's Pence collection | total collection | \$1,449.00 |

Thank you for your support!



ST. THERESA'S CHAPEL

July 20th—26th, 2025

Donation Given for Two 7 day Candles
And Two Roses

In Loving Memory of Manuel Antonio Cabral

KIDS (Children) SERVICE AT HOLY MASS:

Every 4th Sunday of the month at 6:00p.m.

St. Theresa's Cathedral

Calling Children to serve as: Lector, Altar Server, &/ Choir

If your child/children is interested in volunteering, please e-mail:

dytecp@yahoo.com; or eveloum@outlook.com

or call telephone no: 292-0607x3



CALLING ALTAR SERVERS:

An Invitation to serve as a Child or Adult Altar Server

Join, Mingle and Practice on **Friday, August 22nd**
at **6:30 p.m.** here at St. Theresa's Cathedral

- Meet Fr. Dandy and with one of the Senior Altar Servers
- New Adults must be trained

Refreshments will be served for existing and new Altar servers.

For more information please email: dytecp@yahoo.com;

or stcaltarservers2025@gmail.com

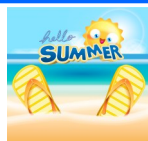
or call telephone no: 292-0607x3



SUMMER SCHEDULE:

Please be advised that we are now into the Summer schedule. This means that there are **no 9:00am Portuguese Masses, followed by adoration, on Saturdays** at St. Theresa's. There are also **no 12:10pm Masses on Wednesdays, Thursdays and Fridays** at St. Theresa's. Finally, there are **no evening Portuguese Masses on Wednesdays** at St. Patrick's.

All masses will resume in September.



CATHOLIC PUN: Why do holy water fountains never run dry? Because they're constantly being refreshed by divine grace! ☺ ☺

THE BISHOP'S CORNER

Dear Fellow-Catholics,



As artificial intelligence sweeps across every industry from banking to customer service and even the arts, Bill Gates predicted the only three jobs he believes will remain truly human, and not because AI can't do them, but because we won't want it to.

1. Teaching: Mr. Gates believes great teachers are irreplaceable. AI can deliver lessons, sure but the human connection, the way a teacher understands a child's fears, sparks curiosity, or comforts them after failure, is something no algorithm can replicate. Emotional guidance and human mentorship will remain the soul of education.
2. Healthcare: While AI will revolutionize diagnostics and surgical precision, Mr. Gates insists that people will still want human doctors and nurses. Empathy, trust and bedside care can't be downloaded. The most powerful medicine, after all, is compassion and no machine has ever mastered that.
3. Construction and Repair: Despite tech breakthroughs, Mr. Gates believes trades like plumbing, electrical work, and building will thrive. Homes, roads, and cities still need hands-on, physical problem-solving especially when conditions are unpredictable. These roles require adaptability, creative fixes, and working in environments where AI may falter.

Bill Gates' point is simple. In a world of rising machines, humanity will become our greatest asset. These jobs survive not because they resist automation, but because they depend on emotional intelligence, trust, and touch. That's what makes us human. As millions worry about their place in an AI-driven future, it seems that Mr. Gate's list offers clarity and hope. It's not about fighting AI, it's about leaning into the roles where we are most irreplaceable. In the end, the smartest machines still can't care, connect, or build trust the way people can.

It seems that AI can help us to solve the problem of the lack of the priests. ☺

Enjoy your weekend and have a good week!

Bishop Wes

JUBILEE 2025, GRANDPARENTS/ELDERLY:



We wish to advise you that on **Saturday, July 26th** there will be a 2025 Jubilee Year celebration for the Grandparents and the Elderly in our Diocese. At **11:00am** there will be Holy Mass at **St. Michael's Church in Paget**, followed by a light lunch in the hall. If you are planning to attend please contact the Chancery Office at 232-4414 or by email to orcc.bermuda@gmail.com.

MEN OF GOD MONTHLY GROUP:

Calling all men who want to reconnect with God and other men for a monthly gathering entitled, "Thank God It's Tuesday" (a monthly encounter with Men of God). **Every 4th Tuesday of the month** at St. Theresa's Hall at 7pm. For more info, please call Fr. Dandy Traje at 292-0607 x3.



Dear Padre,

“Lead us not into temptation...” God does not lead us into temptation, so what is this saying?

You are of the same mind as the pope! In 2019, Pope Francis approved changing the Lord’s Prayer, that is, changing the phrase “lead us not into temptation” to “do not let us fall into temptation.” Pope Francis said that the original appeared to suggest that God caused the temptation. However, most Scripture scholars agree that “lead us not into temptation” is the best translation from the Greek. It’s a subjunctive verb. It’s used in the second person, addressed directly to God. And it really does say “do not lead us into temptation.”

What did the pope hope to accomplish? Those who are most familiar with the pope say that what he was trying to clarify was not anchored in the intricacies of translation but rather anchored in pastoral life. He wanted to focus the attention of God’s people on their action, “falling into temptation,” and not on a misunderstanding of what Jesus was teaching. It was a point of focus and clarification to help us in our spiritual journey and our understanding of our relationship with God. Understood in this sense, the new translation would accomplish this pastoral purpose. ●

Fr. Thomas M. Santa, CSsR / DearPadre.org

Do you have a question for the Padre?

Go to DearPadre.org to send your question and to learn more about *Dear Padre*.



The Temptation of Christ by Otto Münch, relief on the door of Grossmünster Church in Zurich, Switzerland.

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|-------------|------------------|-----------------|------------------|--------------|------------------|---------------|
| July 21 | July 22 | July 23 | July 24 | July 25 | July 26 | July 27 |
| Weekday | St. Mary | Weekday | Weekday | St. James, | Sts. Joachim and | Seventeenth |
| Ex 14:5–18 | Magdalene | Ex 16:1–5, 9–15 | Ex 19:1–2, 9–11, | Apostle | Anne, Parents | Sunday in |
| Mt 12:38–42 | Sg 3:1–4b or | Mt 13:1–9 | 16–20b | 2 Cor 4:7–15 | of the Blessed | Ordinary Time |
| | 2 Cor 5:14–17 | | Mt 13:10–17 | Mt 20:20–28 | Virgin Mary | Gn 18:20–32 |
| | Jn 20:1–2, 11–18 | | | | Ex 24:3–8 | Col 2:12–14 |
| | | | | | Mt 13:24–30 | Lk 11:1–13 |



A WORD FROM POPE FRANCIS

When I start my day, do I throw myself headlong into the things to be done, or do I first seek inspiration in the Word of God? At times, we begin the day automatically, we start doing things...like hens. No. We must start the day by first of all looking to the Lord, taking his Word... allowing this to be the inspiration for the day.

ANGELUS, ROME, JULY 17, 2022