



Grateful for Being Grateful

FR. JOSEPH JUKNIALIS

Here is a quick self-test: *Name three things in your life for which you are grateful.* Finished? If you were able to name three things easily, your spirituality is probably in a good place. If you had difficulty, your spirituality may be in need of some work. Spiritual writers have long noted that living day by day with a sense of gratitude is one of the signs of holiness. Yet, a number of attitudes can get in the way of our being thankful. One is anger; it unsettles and focuses our attention on one issue, keeping us from seeing a bigger picture filled with blessings. Another is living with continual wanting; incessant desires for more prevent us from recognizing the beauty and goodness of what already is. Fear too keeps us from being grateful; it obliterates all the goodness that is present and focuses on an unknown and uncertain future that may never be.

Therapists have advised that, at the end of each day, people should take time to name three things that happened that day for which they are grateful, as doing so will often ease depression. Our religious tradition has been encouraging this for 2,000 years. Not all depression is due to life circumstances; some is the result of chemical or hormonal imbalances. But, if our sadness is the consequence of life events, naming three positive occurrences from each day not only brings a balance to our attitudes but also brings us to deeper faith, recognizing a power greater than ourselves at work in our lives. That power is God. ●

Reflect

***What are three reasons I have for gratitude?
What blessings do I forget?***

Jesus said...“Ten were cleansed, were they not? Where are the other nine? Has none but this foreigner returned to give thanks to God?”

LUKE 17:17–18





St. Theresa's Cathedral

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Bishop Wes Spiewak, C.R. Diocese of Hamilton in 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 10am – 2pm

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.	Oct 11th	6:30pm	+	Jeffrey Mark Medeiros
Sun.	Oct. 12th (Portuguese)	8:30am	+	Antonio & Ernestina Rebello
		10:00am	+	Jose Cunha
		11:30am	+	Mr. & Mrs. Manuel Arminda Garrafa & Victor Moniz
		6:00pm	+	St. Theresa's Parish Family
Mon.	Oct. 13th	7:30am		Ricardo Wade, Birthday Wishes
Tues.	Oct. 14th	7:30am		In Honor of Our Lady of Fatima
Wed.	Oct. 15th	7:30am		Special Intentions of Gerry Gallagher
		12:10pm		
Thurs.	Oct. 16th	7:30am		Bishop Wes Spiewak, Early Birthday wishes Abel Carrasco
		12:10pm	+	
Fri.	Oct. 17th	7:30am	+	Kirby Brackstone Thanksgiving & Birthday Wishes for Leo Bongato Sr.
		12:10pm		
Sat.	Oct. 18th	6:30pm	+	Wanda & Edward Spiewak
Sun.	Oct. 19th (Portuguese)	8:30am		Bishop Wes Spiewak, Birthday Wishes Joe & Theresa DoCouto Bishop Wes Spiewak, Birthday Wishes St. Theresa's Parish Family
		10:00am	+	
		11:30am		
		6:00pm		

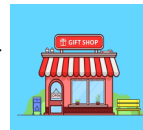
NEXT WEEK'S MINISTRY : October 18th & 19th, 2025

Time:	6:30pm	8:30am	11:30am	6:00pm
Proclaimer:	J. Judd	J. Hill	E. Mosley M.T. Ayensa	H. Velasco
Communion Ministers:	C. Carreiro C. Johnson D. DeSilva	H. Cabral E. Cabral O. Scarth B.D. Knights	A. Tan A. Cannonier J. Alcantara	C. Sevilla M. Billones R. Ronquillo
Song Leaders:	K. Judd	F. Wohlmuth	M. B. Tan	E. Cabral

ST. THERESA'S GIFT SHOP:

Our Gift Shop has a great selection of cards, and gift &/or home ideas, for all of your special occasions—all at a great price!

Do support our little store!



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



PORTUGUESE MASSES:

The Portuguese Mass and Adoration on **Saturday mornings** has resumed at **9am** in St. Theresa's, and the Portuguese Mass on **Wednesday evenings** at **7pm** in St. Patrick's has also resumed.

ST. VINCENT de PAUL SOCIETY:

Looking for a way to share and assist others?

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

Direct deposit to SVDP Society – BNTB BDA #2000 6060 4767 11100 or USD # 8400 7847 30010 or use the **SVDP envelopes**.



LECTIO DIVINA: Will resume on **Monday, October 6th** at 7:30pm via Zoom. To join,

please contact Franz Wohlmuth on, fgwohlmuth@logic.bm.

Meetings are led by Bishop Wes.

FOCUS: If we persevere, we shall also reign with him.

Today's readings feature those in extremely difficult circumstances finding hope and new life in their faith. Naaman is cleansed, Paul hopes in God in the face of trial, and desperate lepers are completely healed. In each of these examples, we see the transformative power of faith and the abundant power and grace of God. May the Lord increase and sustain us in faith so as to be strident witnesses of his love and mercy to the world.

Steward's Sharing of Treasure

	Date	Actual
Collection:	Oct 4th & 5th	\$4,674.00
Electronic offering:	Oct 4th & 5th	\$2,136.00
Filipino Mass	Oct. 3rd	\$577.00
2025 Collection to Date:	Week 41	\$245,267.00

Thank you for your support!



ST. THERESA'S CHAPEL
October 12th-18th, 2025
Donation Given for Two 7 day Candles
And Two Roses
Intentions of Levy, Pat, Lisa & Chris Rodrigues

WORLD MISSION SUNDAY:

The third Sunday of October is annually celebrated as World Mission Sunday. This year it falls on the October 19th. It has always been an occasion to express our support of the missionary work of the Catholic Church through prayer and a special collection. Envelopes are available at the entrance tables. This collection will be taken next weekend, **October 18th & 19th**.



MISSION SUNDAY

FUNERAL:

We offer our deepest sympathy to the family of the late **Carlos Costa**, whose funeral mass was held at the Cathedral this **Friday, October 10th, 2025**.

May he rest in peace with the angels!

CELEBRATION MASS FOR OUR LADY OF FATIMA:

Mass will be celebrated on **Monday, October 13th at 7pm in St. Patrick's Church**. There will be a candlelight procession with recitation of the Rosary.



JUBILEE MASS FOR WIDOWS, WIDOWERS, & SINGLES:

Mass will be celebrated on **Saturday, October 18th at 11am in Stella Maris Church**, St. Georges followed by a light lunch in the church hall. Please RSVP for this event by calling or emailing the Chancery Office at 232-4414 or orcc.bermuda@gmail.com



ALL SOULS' MASS:

A Mass for all the faithfully departed in the past year, will be celebrated on **Saturday, November 1st at 11am in St. Theresa's Cathedral**. There will be no Portuguese Mass on this day at 9am nor Eucharistic Adoration that usually follows the Mass.

All are welcome!



THE BISHOP'S CORNER

Dear Fellow-Catholics,



On the 9th of October an apostolic exhortation, *Dilexi te* ("I have loved you") was made public. This document, that is the first magisterial text of Pope Leo's pontificate, focuses on love for the poor. The 9th of October is the feast of St. John Henry Newman, who Pope Leo has named as the doctor of the Church.

Pope Francis had been working on the text during the last months of his pontificate, placing this exhortation in the continuity of his last encyclical, *Dilexit nos* ("He loved us"). That last document focused on devotion to the human and divine love of the Heart of Jesus. The Argentine pontiff thus sought to highlight the link between spiritual roots and social commitment: From the experience of God's love for us, to the awareness of God's love for our neighbor and how that must determine our behavior toward them.

With *Dilexi te*, Leo XIV thus follows in the footsteps of Pope Francis, paying tribute to the man who never ceased to call for "a poor Church for the poor." By publishing his last, unfinished words, he is in a sense delivering his predecessor's magisterial testament.

Pope Leo XIV explained that he chose this name in order to "give more attention to social issues in the world, and to questions of justice, "in a world radically changed by the development of artificial intelligence". While *Dilexi te* is an apostolic exhortation, Pope Leo XIV's first encyclical, which is expected to focus on contemporary anthropological challenges, is due to be published in the coming months.

Link to the official text of the document:

<https://tinyurl.com/4bt962fd>

May your weekend be calm and your week good!

Bishop Wes

PARISH COUNCIL COFFEE SOCIAL:

Come join us for Coffee and baked goods

Sunday, October 12th, 2025, after the 11:30am Mass, in the Church Hall



YOUTH MENTAL HEALTH TOWN HALL—

SELF HARM AND VIOLENCE ON SOCIAL MEDIA:

This event will include sensitive discussions about self-harm and the impact of harmful content on social media. We recognize this may be emotionally challenging for some attendees.

We encourage everyone to make the decision that feels right for them about whether to attend or watch online. If at any point the content becomes distressing, it's perfectly okay to step away or take a break — your wellbeing comes first.

A licensed psychologist will be on-site throughout the event to provide support if needed.

Attendees will also receive evidence-based guidelines adapted for Bermuda that offer practical tools for young people, parents, and educators to have safe and effective conversations about self-harm and mental health.

As always, Bermuda's 24/7 mental health crisis support remains available at MWI – 239-1111.



Dear Padre,

Are people born with the Holy Spirit, or do they have to be baptized in order to receive the Holy Spirit? If we are not born with the Holy Spirit, is it just our conscience that is bothered when we are doing wrong?

Your question is suggesting that the Holy Spirit is “in” or “out.” St. Paul teaches us, “In him we live and move and have our being” (Acts 17:28). In other words, the Spirit of God is always with us, and we are dependent on that Spirit for life. There is no beginning and there is no end; the Spirit always was, and is, and will be.

The *Catechism of the Catholic Church* explains that “Conscience is a judgment of reason whereby the human person recognizes the moral quality of a concrete act that he is going to perform, is in the process of performing, or has already completed. In all he says and does, man is obliged to follow faithfully what he knows to be just and right” (1778). We have an obligation to form our consciences to know what is right and to help our children form theirs. It is with the cooperation of the Spirit that a “good conscience” is formed.

When we celebrate the sacraments, including the sacrament of baptism, we are confirming the life of the Spirit that is within us. We are acknowledging and proclaiming the abiding presence of the Spirit of God. ●

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



DREAM PERFECTION / SHUTTERSTOCK

Do you have a question for the Padre?

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

A WORD FROM POPE LEO XIV

The deepest purpose of the Church's social doctrine [is] a contribution to peace and dialogue in the service of building bridges of universal fraternity.... [T]he Risen Lord always goes before us, even at times when injustice and death seem to prevail. Let us...“build bridges through dialogue and encounter, joining together as one people, always at peace.”

ADDRESS, ROME, MAY 17, 2025

WIKICOMMONS



Monday

October 13
Weekday
Rom 1:1-7
Lk 11:29-32

Tuesday

October 14
Weekday
Rom 1:16-25
Lk 11:37-41

Wednesday

October 15
St. Teresa of Jesus,
Virgin and Doctor
of the Church
Rom 2:1-11
Lk 11:42-46

Thursday

October 16
Weekday
Rom 3:21-30
Lk 11:47-54

Friday

October 17
St. Ignatius of
Antioch, Bishop
and Martyr
Rom 4:1-8
Lk 12:1-7

Saturday

October 18
St. Luke, Evangelist
2 Tm 4:10-17b
Lk 10:1-9

Sunday

October 19
Twenty-ninth
Sunday in Ordinary
Time
Ex 17:8-13
2 Tm 3:14-4:2
Lk 18:1-8