

[Jesus said,] “I am the living bread that came down from heaven; whoever eats this bread will live forever; and the bread that I will give is my flesh for the life of the world.”

JOHN 6:51

All You Can Eat

MIGUEL DULICK

The “Bread of Life Discourse” in the sixth chapter of the Gospel of John is an astonishing teaching. “The bread that I will give is my flesh for the life of the world” (John 6:51b). Creation was wonderful, the Incarnation was wonderful, but now Jesus takes the final step in God’s coming ever closer to us human beings, as close as food, as intimate as eating Christ’s body and drinking his blood. For us Catholics, it’s called *transubstantiation*: the Host—something we hold in our hand—is so divine that we worship it!

The crowds listening to Jesus could not have imagined how you would “eat” (literally, “gnaw”) Jesus’ flesh or drink his blood, and certainly not a whole year before the Last Supper (not to mention, hundreds of years before St. Thomas Aquinas). When surveys showed that many of today’s Catholics are just as confused and doubtful as the crowd at Capernaum, having lost faith or even interest in the Eucharist, the American bishops launched a search-and rescue mission to recover “The Mystery of the Eucharist in the Life of the Church,” published in 2021.

Paul bases the sacrament in our own experience. “The cup...that we bless” and “the bread that we break” create the ultimate reality: “we, though many, are one body”—of Christ! (See 1 Corinthians 10:16-17.) The priest says, “The Body of Christ,” and we respond, “Amen!” ●



LEARN ABOUT
THE AUTHORS
OF OUR PARISH
COMMUNITY

Reflect

What does my “Amen” mean when I receive the Eucharist?



St. Theresa's Cathedral

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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.

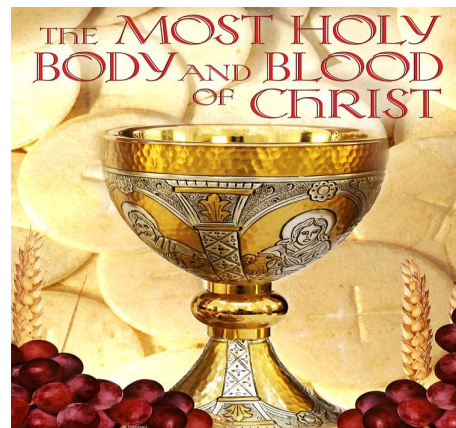
Facebook: www.facebook.com/CatholicDioceseBermuda – Visit our page & "LIKE" us to join our on-line community.

DATES TIMES INTENTIONS

Sat.	June 6th	6:30pm	+	Maria Orselina Botelho De Lima
Sun.	June 7th (Portuguese)	8:30am	+	Mr. & Mrs. Albert Victor Soares Sr.
		10:00am	+	Special Intention of Natalie Yokell, Mr. & Mrs. Joe Garrafa
		11:30am	+	Marshall Yokell, Deceased Members of the Mello and Pereira Family, Souls in Purgatory
		6:00pm	+	Kevin Ledo, Jose Augusto de Mota
				Manuel & Arminda Garrafa & Victor Moniz
				St. Theresa's Parish Family
Mon.	June 8th	7:30am		
Tues.	June 9th	7:30am		
Wed.	June 10th	7:30am	+	Giuliana Nazio
		12:10pm		Special Intention of Dean Van Went
Thurs.	June 11th	7:30am		Special Intention of Alicja Czyz
		12:10pm		
Fri.	June 12th	7:30am	+	Exequil Baluyot & Mario Jose Baluyot
		12:10pm		Mr. & Mrs. Consolacion Thanksgiving Intention
Sat.	June 13th	6:30pm	+	Manuel Bizarro, Jose Oliveira, Maria de Lourdes & Maria Encarnacao Martins
			+	
Sun.	June 14th (Portuguese)	8:30am	+	Antonio & Ernestina Rebello
		10:00am		
		11:30am		CFC & Family Ministries
		6:00pm	+	Altina DeMelo Pacheco

NEXT WEEK'S MINISTRY : June 13th & 14th, 2026

Time:	6:30pm	8:30am	11:30am	6:00pm
Proclaimer:	A. Machado	M. Wambeke H. DeSilva	M. Butler M.T. Ayensa	H. Velasco M. Bergonio
Communion Ministers:	S. Booth C. Maiato J. Judd C. Carreiro	C. Scarth O. Scarth T. Sinclair G. Lovecchio	P. Le Fevre E. Mosley A. Cannonier	S. Gusi C. Sevilla J. Sevilla
Song Leaders:	G. Medeiros	M.S. Brackstone	M. Gravito	F. Nery R. Arano



FIRST HOLY COMMUNION

CANDIDATES

We would like to congratulate the MSA children from our parish listed below, who for the first time this weekend, will receive the Body of Christ during a special Mass, celebrated by Bishop Wes Spiewak, C.R.

Jackson Amaro

Kylan Camara

Cyan Placedes

Aida Rego

God's blessings to our

First Holy Communion Candidates!

REMINDER:

Fr. Joe-St. Michael's Church

DORC

Wednesdays 5-6:30pm

Synodal Bible Study

Thursdays 3pm



CATHEDRAL HOURS:

Monday-Friday 7am-4:30pm

Saturday 8:30am-7:30pm

Sunday 8am-7pm



FOCUS: In the Eucharist, the Lord nurtures our souls and makes us one with him.

Today, on the Solemnity of the Most Holy Body and Blood of Christ, we profess what we believe and celebrate at every Mass: The simple, ordinary gifts of bread and wine are transformed, by the power of the Holy Spirit, into our Lord's Real Presence. When we partake of the Eucharist, Jesus remains with us. Let us pray that we may be more aware of this presence so we can proclaim this truth to others.

Steward's Sharing of Treasure

	Date	Actual
Collection:	May 30th & 31st	\$3,993.00
Electronic Offering:	May 30th & 31st	\$1,230.00
2026 Collection to Date:	Week 23	\$142,063.54
Confirmation	May 31st	\$2,080.00



ST. THERESA'S CHAPEL

June 7th—13th, 2026

Two 7-day Candles & Two Roses

For the parish community of St. Theresa's Cathedral and for Bishop Wes, in Thanksgiving for the past ten years of faith, fellowship, guidance, and support we have received, living in Bermuda and being a part of the parish family.

With love from the Herberstein family

DIVINO ESPIRITO SANTO (HOLY SPIRIT) FESTIVAL:

Stella Maris Church, St. George's

Friday, 12th June - 8:00pm Mass followed by a procession from the Church to St. George's Square

Saturday, 13th June - 9:30am – 11:30am Casa dos Açores, Pembroke, Blessing of the Pensãos and distribution

7:00pm - 10:30pm Entertainment in St. George's Square

Sunday, 14th June

1:30pm - Procession from St. George's Square to the Church

2:00pm - Holy Mass followed by procession to Square

5:15pm - Blessing of the "Holy Spirit Soup". Entertainment with local and foreign talent continues until 11:00pm

9:30pm - Selection for 2027 Domingas



MUSIC, SINGING & DANCING:

St. Joseph's Church in Somerset will be hosting an informal fun afternoon of music, singing and dancing, for all ages, on **Sunday, June 14th, at 2pm**. Admission is free, and light refreshments will be served in the Parish Center.



CLASSICAL MUSIC CONCERT:

St. Joseph's Church in Somerset will be hosting a Classical Music Concert on **Sunday, June 21st & 28th at 5pm**. Tickets are \$30 for adults and \$15 for seniors and children. For tickets, please contact Liz at 234-0872 or lizziewhitney2015@gmail.com or Jane at 747-4060. Proceeds to be shared with PALS and St. Joseph's Church.



THE BISHOP'S CORNER

Dear Fellow-Catholics,



In a study commissioned by the Children's Rights Ombudsman in Poland concerning the challenges young people face in the digital environment, 84% of respondents identified online hate (hate speech) as a threat, 77% pointed to stalking, and 74% indicated the publication of content without the consent of the person depicted. Equally alarming, only 1% of those surveyed stated that they did not perceive any threats online. Although hate speech is often associated with cyberbullying, it is a phenomenon that can be observed in everyday life - in schools, among groups of friends, at work, in the media, and in public spaces. It includes comments and discrimination based on race, religion, physical appearance, sexual orientation, or other characteristics of the victim. It involves not only insulting words and humiliation directed at a particular person, but also the spread of harmful content about that individual or a group of people. In schools, hate speech is associated with exclusion from peer groups or public ridicule. It often takes the form of degrading remarks, questioning a person's competence, or isolating a student from the rest of the group. Within family relationships, it may manifest itself through constant criticism, belittling achievements, or mocking someone's decisions.

The phenomenon of hate speech has become even more widespread with the growing importance of social media. One factor has contributed significantly to this: anonymity. Haters are often people overwhelmed by stress, seeking an outlet for their emotions and an illusory sense of regaining control. Some do it "just for fun," to experience a sense of satisfaction. More often, however, they believe they do not have to consider those consequences because the internet provides them with anonymity and, therefore, a sense of impunity. "That is why it is so important that we do not face this alone. We need open intergenerational dialogue and genuine support - both from adults and from peers. We must create an environment in which every young person knows where to seek help and how to respond to online violence. This is our shared challenge and our shared responsibility," the authors of the study conclude.

Have a serene weekend and a blessed week!

Bishop Wes

SUMMER LUNCH/MOVIE:

Bishop Wes and Fr. Dandy are planning to have a **Summer Lunch & Movie in the St. Theresa's Hall**.

The event will take place on **Thursdays in July and August**, starting with July 2nd and ending on August 27th.



This event will include lunch (soup + sandwiches/ bread, + ice-cream + coffee/tea) at 12pm, with the movie starting at 12:30pm.

We are looking for volunteers to assist with organization of the lunch. If you want to commit for the entire program time, or just for a part of it, please send an email to sttheresas@northrock.bm or orcc.bermuda@gmail.com.

Dear Fellow-Catholics,

As we are approaching the first celebration of the Plenary Indulgence associated with the Jubilee Year of St. Francis of Assisi, I thought that it would be useful to remind us of the teaching of the Catholic Church in reference to Indulgences and for a better understanding of this topic.

Catechism of the Catholic Church teaches (## 1471-1479):

X. Indulgences

The doctrine and practice of indulgences in the Church are closely linked to the effects of the sacrament of Penance. What is an indulgence? "An indulgence is a remission before God of the temporal punishment due to sins whose guilt has already been forgiven, which the faithful Christian who is duly disposed gains under certain prescribed conditions through the action of the Church which, as the minister of redemption, dispenses and applies with authority the treasury of the satisfactions of Christ and the saints." "An indulgence is partial or plenary according as it removes either part or all of the temporal punishment due to sin." Indulgences may be applied to the living or the dead.

The forgiveness of sin and restoration of communion with God entail the remission of the eternal punishment of sin, but temporal punishment of sin remains. While patiently bearing sufferings and trials of all kinds and, when the day comes, serenely facing death, the Christian must strive to accept this temporal punishment of sin as a grace. He should strive by works of mercy and charity, as well as by prayer and the various practices of penance, to put off completely the "old man" and to put on the "new man."

The Christian who seeks to purify himself of his sin and to become holy with the help of God's grace is not alone. "The life of each of God's children is joined in Christ and through Christ in a wonderful way to the life of all the other Christian brethren in the supernatural unity of the Mystical Body of Christ, as in a single mystical person." In the communion of saints, "a perennial link of charity exists between the faithful who have already reached their heavenly home, those who are expiating their sins in purgatory and those who are still pilgrims on earth. between them there is, too, an abundant exchange of all good things." In this wonderful exchange, the holiness of one profits others, well beyond the harm that the sin of one could cause others. Thus recourse to the communion of saints lets the contrite sinner be more promptly and efficaciously purified of the punishments for sin.

We also call these spiritual goods of the communion of saints the Church's treasury, which is "not the sum total of the material goods which have accumulated during the course of the centuries. On the contrary the 'treasury of the Church' is the infinite value, which can never be exhausted, which Christ's merits have before God. They were offered so that the whole of mankind could be set free from sin and attain communion with the Father. In Christ, the Redeemer himself, the satisfactions and merits of his Redemption exist and find their efficacy."

"This treasury includes as well the prayers and good works of the Blessed Virgin Mary. They are truly immense, unfathomable, and even pristine in their value before God. In the treasury, too, are the prayers and good works of all the saints, all those who have followed in the footsteps of Christ the Lord and by his grace have made their lives holy and carried out the mission the Father entrusted to them. In this way they attained their own salvation and at the same time cooperated in saving their brothers in the unity of the Mystical Body."

An indulgence is obtained through the Church who, by virtue of the power of binding and loosing granted her by Christ Jesus, intervenes in favour of individual Christians and opens for them the treasury of the merits of Christ and the saints to obtain from the Father of mercies the remission of the temporal punishments due for their sins. Thus the Church does not want simply to come to the aid of these Christians, but also to spur them to works of devotion, penance, and charity.

Since the faithful departed now being purified are also members of the same communion of saints, one way we can help them is to obtain indulgences for them, so that the temporal punishments due for their sins may be remitted.

This is the teaching of our Catholic Church regarding Indulgences. I leave it to your prayerful discernment and further decision.

As it was announced on January 2026, the apostolic Penitentiary, on the occasion of the Year of St. Francis, granted a Plenary Indulgence under the usual conditions: 1. Sacramental Confession; 2. Eucharistic Communion; 3. Prayer according to the intentions of the Holy Father.

This indulgence may be obtained for the person himself/herself or is also applicable in the form of suffrage for the souls in Purgatory.

The first of five liturgical opportunities to obtain this Plenary Indulgence will take place on Saturday, 13th of June 2026, at St. Anthony's Church in Warwick as this church has been designated as the Jubilee church because of its connection to St. Francis through the person of St. Anthony who was a Franciscan.

There will be the opportunity for the Sacrament of Reconciliation beginning at 10:15am, and at 11:00am a solemn Mass in honour of St. Anthony, with the appropriate prayers for obtaining indulgence.

May the Lord make us the instruments of his peace within us and outside us.

+ *Msgr. J. J. Jewell*

Dear Padre,

What is the significance of the Holy Eucharist in our lives as Christians?

The Mass should be understood as the celebration of our union—our communion—with Christ and his Church, which is the body of Christ. The Mass presumes participants have an existing personal relationship with Christ. We were united to Christ through baptism. We have received his Holy Spirit, empowering us to carry out Christ’s threefold mission: the prophetic mission of announcing his message and denouncing sin; the priestly mission expressed in a life of prayer, self-sacrifice, and participation in the liturgy; and the kingly/servant mission expressed in service to God and neighbor.

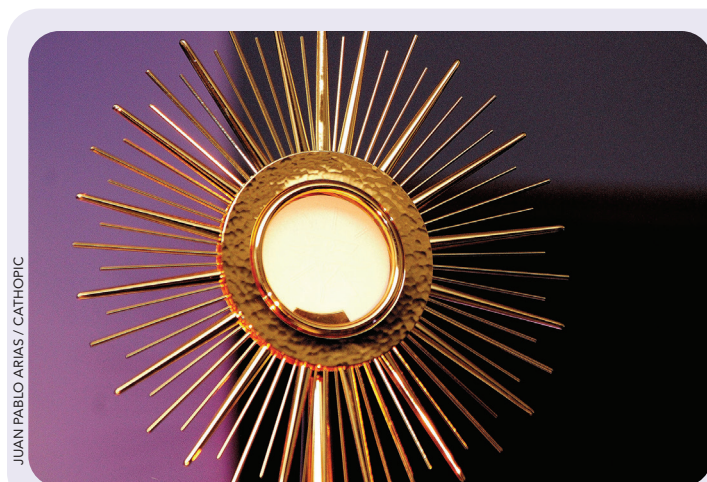
For the Eucharist to be meaningful, we must first experience a personal encounter with Christ—one that leads to personal conversion and a decision to live as disciples in community. Indeed, the Eucharist both celebrates and deepens our communion with Christ. The Eucharist also deepens our communion with fellow believers. “The Eucharist’s particular effectiveness in promoting communion is one of the reasons for the importance of Sunday Mass,” wrote Pope St. John Paul II in *On the Eucharist in Its Relationship to the Church (Ecclesia de Eucharistia)*, 41. Without this loving, sharing community, the Mass becomes empty. Whenever we attend Mass and receive holy Communion, we should ask ourselves: *Are we really in communion with Jesus and the body of Christ, his Christian community?* If not, then we should seek this broader communion in our lives. ●



ROMOLO TAMANI / SHUTTERSTOCK

The Redemptorists / DearPadre.org

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
June 8	June 9	June 10	June 11	June 12	June 13	June 14
Weekday	Weekday	Weekday	St. Barnabas, Apostle	The Most Sacred Heart of Jesus	Weekday	Eleventh Sunday in Ordinary Time
1 Kgs 17:1–6 Mt 5:1–12	1 Kgs 17:7–16 Mt 5:13–16	1 Kgs 18:20–39 Mt 5:17–19	Acts 11:21b–26; 13:1–3 Mt 5:20–26	Dt 7:6–11 1 Jn 4:7–16 Mt 11:25–30	1 Kgs 19:19–21 Mt 5:33–37	Ex 19:2–6a Rom 5:6–11 Mt 9:36–10:8



JUAN PABLO ARIAS / CATHOPIC

A WORD FROM POPE LEO XIV

Together...we will feed on the Blessed Sacrament, adore him and carry him through the streets... Strengthened by the food that God gives us, let us bring Jesus to the hearts of all, because Jesus involves everyone in his work of salvation by calling each of us to sit at his table. Blessed are those who are called, for they become witnesses of this love!

HOMILY, ROME, JUNE 22, 2025