

JUNE 2026
ISSUE



Sunhi

SUNDAY GOSPEL REFLECTIONS
& CATECHESIS



DOMINICAN NOVITIATE OF THE ANNUNCIATION
Manaoag, Pangasinan

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BINHI is the official monthly publication of the novices of the Dominican Novitiate of the Annunciation at the Minor Basilica of Our Lady of the Rosary of Manaoag. Featured in it are the reflections of the novices on the Sunday Gospels of the current month, short catechesis regarding our faith and the lives of saints.

Catechism of the Month



St. Peter of Verona

JUNE 4, 2026

“Credo in unum Deum.”

By: Br. Francis Hyle M. De Leon



Life is most precious to humans. To offer it for the people he loves is the greatest proof of love. Losing our life for the sake of another is the greatest manifestation of our love for that person. This is very evident in the life of St. Peter of Verona whose memorial we celebrate today. **St. Peter, the first canonized martyr of the Dominican Order, calls us to be steadfast and courageous in life's trials and challenges, especially when he talks about the faith that we love.**

St. Peter was born in Verona, Italy, in the year 1205, to parents who had embraced the heresy of Catharism. However, this did not hinder him from embracing a life of holiness. He studied at the University of Bologna, and there he met St. Dominic de Guzman. There and then he decided to follow St. Dominic and entered the currently growing Order of Preachers. St. Peter dedicated his life to study, prayer, and serving the sick. He became a well-known preacher. **Through**

his eloquence and wisdom in preaching, St. Peter encouraged others who were struggling in their faith. He was often seen talking against those who professed to be Christians but only in words, not in action. Many returned to the true faith, but some remained reluctant and became his enemies.

St. Peter became an inquisitor for the area of Milan in the year 1234. As an inquisitor, he attracted many followers and even enemies who returned back to the true faith. He was also given the gift of performing miracles to accompany his preaching, which he used humbly and for the service of the poor and the needy. By means of a blessing with the sign of the cross, He healed a lame man who had not been able to walk for 5 years. He also healed a gentleman's son who was suffering with a horrible disease in the throat. By means of his blessing and by laying his miraculous cope, he was able to heal the disease of the boy.

St. Peter was also tested by heretics and proved his holiness by asking God to relieve his followers from the prevailing heat, when under a clear sky, clouds appeared covering only the place where he and the people were assembled. These miracles happened while he was still alive, but many more miracles happened even after his death, proving his holiness and good example.

St. Peter of Verona made many enemies because of his preaching. On April 6, 1252, a group of assassins followed St. Peter through the woods

and attacked him with an axe. His companion, however, was able to escape though wounded. **St. Peter fell on the ground, and using his own blood, wrote “Credo in unum Deum,” “I believe in one God.”** And then he breathed his last. Thereafter, the assassin fled to a distant town but because of shame, he repented and became a Dominican himself. **Just like Jesus, St. Peter’s death which converted his own killer, became an act and proof of true love.**

St. Peter was canonized less than a year after his death. He became the fastest saint to be canonized. We celebrate his feast today, June 4, remembering his courage, vindication, and love for the



faith we profess. St. Peter of Verona calls us to be holy, not only in words but also in actions. **His love for the faith is something we might emulate - to be willing to sacrifice our own lives for the faith we profess.** St. Peter became a true example of how to be Christ-like, willing to sacrifice one’s own life for the sake of the salvation of many souls.

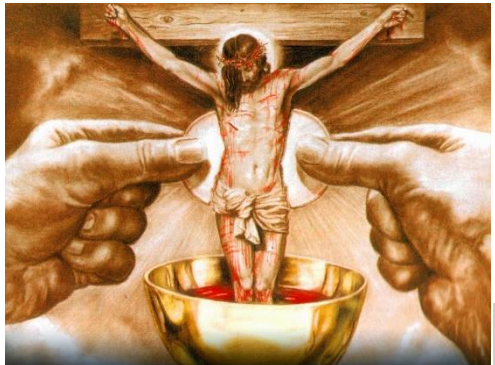


Corpus Christi

REFLECTION on the Solemnity of the Most Holy Body and Blood of Christ (Corpus Christi) (John 6:51-58)

by Br. Kodikara Arachchige Tehan Sampath Sri Dalas Perera

In the Gospel of John 6:51–58, Jesus says, “I am the living bread that came down from heaven.” These words remind us that Jesus is not only a teacher or a guide, but the source of true life. As we celebrate the Solemnity of Corpus Christi, we remember that Jesus gives Himself completely to us in the Holy Eucharist. Every time we receive Holy Communion, we are welcomed into a deeper friendship with Him. **He nourishes our hearts, strengthens our faith, and reminds us that we are never alone.**



Jesus also says that whoever eats His flesh and drinks His blood will have eternal life. This teaching may sound difficult, but it is a message of great love. Jesus wants to be close to us in a very personal way. **In the Eucharist, He becomes our**



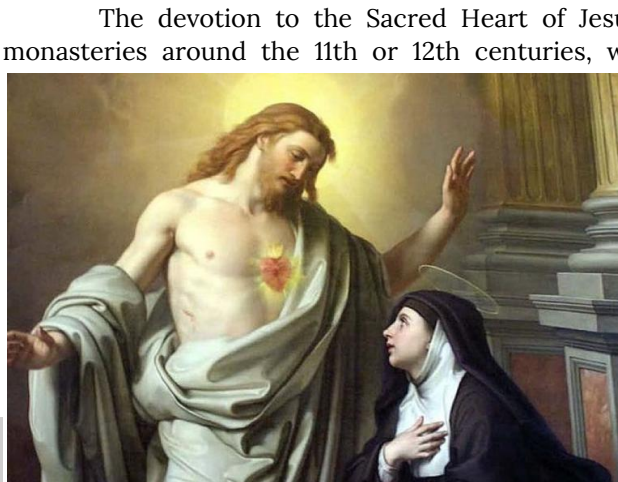
spiritual food so that we may continue our journey with hope and courage. Just as ordinary food gives strength to the body, the Body and Blood of Christ give strength to our soul, especially during moments of weakness, sadness, or fear.

As we celebrate Corpus Christi, **we are invited not only to receive Jesus in the Eucharist but also to live like Him.** The Eucharist teaches us to love, forgive, and serve others with kindness. When we show compassion to the poor, comfort the lonely, and bring peace to others, we become living witnesses of Christ’s presence in the world. May this feast renew our love for the Holy Eucharist and inspire us to carry Jesus in our hearts every day.

JUNE
12

O Love Divine

CATECHISM on the Solemnity of the Most Sacred Heart of Jesus
by Br. Jim Mark G. Orlan

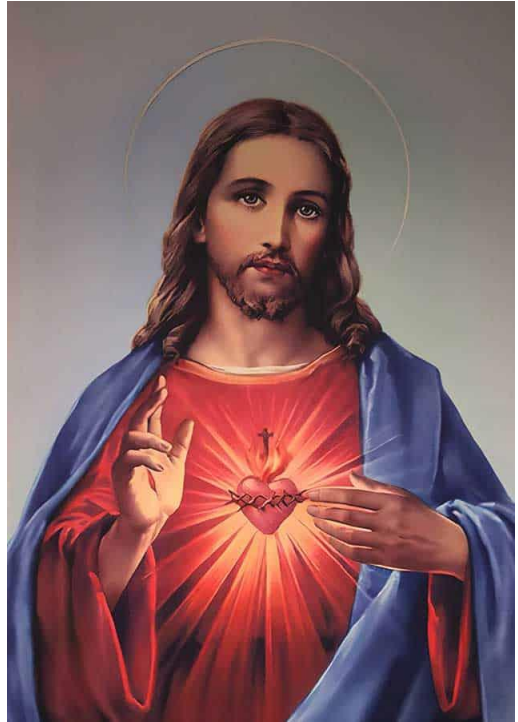


The devotion to the Sacred Heart of Jesus began gradually in monasteries around the 11th or 12th centuries, when Benedictine and Cistercian monks were meditating on the “open side” of Jesus, where his blood and water flowed after a centurion struck his breast on the cross. **This holy contemplation was spiritually exercised by great monastic saints,**

like St. Gertrude and St. Mechtilde. The public and liturgical celebrations of this devotion were formed by Blessed Jean Eudes, who was responsible for the “first liturgical office” in honor of the Sacred Heart. Pope Pius XII added that the solemn feast, with episcopal approval in France, be first observed on October 20, 1672. Finally, the devotion was popularized due to its association with St. Margaret Mary Alacoque, the visionary of Sacred Heart, who received the request for a specific and more recognizable devotion to the “Heart of Jesus.”

The Solemnity of the Sacred Heart of Jesus invites us to contemplate the mystery of Christ Himself—His person, His merciful love, and the saving mission that flows from His pierced Heart. “Sacred Heart” does not mean only sentiment; it signifies the totality of Christ’s divine-human charity and calls you to draw near to Jesus in faith and communion.

This feast is also rooted in Scripture’s imagery: the pierced side of Christ (from which blood and water flowed) leading believers toward the risen Christ, present and living for His Church. Devotion helps one to adopt a “prophetic”



and evangelical gaze on Christ, learning from Him meekness and humility and allowing His merciful love to shape your inner life and decisions. The Church guides the faithful through approved practices—especially personal consecration, family consecration, the Litany, and acts of reparation—so that devotion bears fruit in conversion and sacramental life.

This devotion is a perpetual reminder of Jesus’ act of love to humanity. His divine heart is the real source of mercy and love. It is where all the graces spring for the salvation of mankind. We celebrate this feast as a commemoration of Jesus’ passion, death, and resurrection to recall the salvific act of the Lord. The Holy Mother Church is convinced that a sincere and whole-hearted devotion to the Sacred Heart of Jesus would later bring a persevering and steadfast soul to a Heavenly Banquet prepared for him.

JUNE

13

Immaculate Heart of Mary: “Puso ng Isang Ina”

CATECHISM on the Memorial of the Immaculate Heart of the Blessed Virgin Mary

by Br. Yoga Dwi Kaswara



Mga Kapatid, ano po ang Kalinis-linisang Puso ni Maria? Bakit natin ipinagdiriwang ito? The Immaculate Heart of Mary is the chaste life and deep love of the Blessed Virgin Mary for her son, Jesus. **It is called immaculate because God kept her free of sin from the first moment of her life.** Her heart is full of love for God and for all mankind. Mary's heart is joined closely to the Sacred Heart of Jesus by love and mission. Then she saw her Son suffer and die and great sorrow filled her, and that pain pierced her heart as

it is prophesied by Simeon. From her heart she shows mercy and care for those who suffer, and for those who seek God. The Immaculate Heart teaches us how to trust God and obey his will with humility. **Through prayer and good works, the Church asks the faithful to honor Mary's heart. Devotion to her Immaculate Heart helps us as Christians to grow in love, hope and in holiness.**

The Church teaches that to honor the Immaculate Heart of Mary is to live the Christian faith. People pray the Rosary and make Acts of Consecration to her Immaculate Heart specially here at the Minor Baslica of Our Lady of the Rosary of Manaoag. The faithful also observe special days and prayers of reparation for sin and for peace. These practices help us to repent from sin and to choose what is pleasing to God. Mary's heart is an example for us of humility, patience and charity towards others. Many saints and popes have exhorted Christians to depend on Mary's care and to

follow her example. **We ask Mary to pray for us, and she presents our needs to her Son with a mother's love.** Indeed, Mary's heart is a mother's heart. Always following her heart leads us back to Jesus and the love of his Sacred Heart. This devotion is a promise that we will grow in grace and in the desire to serve God.

Each day we try to follow Mary's example in living out the teaching of the Immaculate Heart. We pray with her, listen to God's word and do what God asks in small and simple ways. We care for the poor, we visit the sick, and we are kind to our neighbors, as Mary was. We learn to forgive others and ask forgiveness when we fail. We go to Mary in times of sorrow, for comfort and for help to stay close to Jesus. Families and all members of the church can perform acts of consecration to her Immaculate Heart for growth in faith. This devotion calls us to live lives full of hope, to work for peace and to seek holiness in



everyday life. **In Mary we are more surely led to the cross and to the joy of the resurrection.** To honor the Immaculate Heart is ultimately to be united with Christ in love forever. Immaculate heart of Mary, Pray for us. Amen.

JUNE

14

Called to Care

REFLECTION on the Eleventh Sunday in Ordinary Time
(Matthew 9:36 – 10:8)

by Br. Rassched Chevy U. Avilla

Life often feels like a busy street filled with people rushing in different directions. Some carry heavy loads. Others are lost in thought. While many quietly struggle with worries that no one else sees. In moments like these, compassion becomes a powerful gift. When we pause to notice someone's need - a tired worker, a lonely neighbor, or a friend who feels discouraged—we begin to see the world differently. **Compassion opens our eyes and moves our hearts to care, even in small ways. It transforms ordinary places into spaces of kindness and hope.**

In today's Gospel, Jesus looks at the crowds and His heart is deeply moved. He sees that they are "like sheep without a shepherd" - wandering, tired, and searching for guidance. But Jesus doesn't stop at feeling sorry for them. He acts. He calls His



disciples and sends them out to heal the sick, comfort the broken, and proclaim the Good News. This moment is important because it shows us that compassion is not just about emotions - it is about action. Jesus reminds us that **"the harvest is plentiful, but the laborers are few."** In other words, there are so many people waiting for love, care, and hope, but only a few are willing to step forward. **His invitation is clear: we are called to be part of His mission, to bring His love into the lives of others.**

For us today, this Gospel is both a challenge and a comfort. It challenges us to move beyond simply feeling sorry for others. True compassion means doing something - whether it's offering a listening ear, sharing our time, or extending forgiveness. It comforts us because it reminds us that small acts matter. We don't need to do great miracles to be part of God's work. A kind word, a patient response, or a helping hand can



be seeds of hope that God will make grow. Each of us can be a worker in the harvest, bringing light into the lives of those around us.

The realization is simple yet moving:

compassion is the starting point of mission. **When we allow our hearts to be moved, we become instruments of God's love.** This week, let's try to notice the people around us who may feel lost, tired, or burdened. Let's respond not only with sympathy but with real action - small but meaningful steps that bring hope. In doing so, we live out the Gospel and become part of the great harvest of which Jesus speaks.

JUNE

21

Don't Be Afraid

REFLECTION on the Twelfth Sunday in Ordinary Time
(Matthew 10:16-33)

by Br. Cherwi Jonatan

In today's Gospel, Jesus reminds us once again not to live in fear. Three times He says, "**Do not be afraid.**" These words are not only meant to comfort us, but also to invite us



to trust that God is always with us, even during difficult moments in life. In today's world, many people are afraid to openly live their faith. Some are afraid of being judged, rejected, misunderstood, or seen as different. Sometimes we choose to stay silent just to fit in with others. Yet Jesus teaches us that as His followers, we are called to live in truth and courage. **We are not meant to hide the light of our faith because, in the end, God Himself will reveal what is true.**

Jesus also gives a beautiful image in this Gospel. He says that not even a sparrow falls to the ground without the Father knowing it, and even the hair on our head is counted. Jesus shows how deeply God cares for each one of us. God never sees our lives as small or unimportant. In His eyes, every person is precious and loved. There might be moments when we feel weak, forgotten, or alone in our struggles. Sometimes the pressures of life, failures, or disappointments make us question our worth. But today's Gospel reminds us that **God knows every burden we carry, every silent prayer,**

and every tear that we hide from others. Nothing about our lives escapes His attention.



When we choose honesty instead of dishonesty, forgiveness instead of hatred, kindness instead of selfishness, we are already witnessing to Christ through our actions. **Faith becomes real when it is reflected in our daily lives.** Being a follower of Jesus does not mean we will never experience fear or difficulties. Even the

disciples struggled at times. But true courage comes from trusting that God walks with us in every situation. Faith does not remove fear completely, but it gives us the strength to keep moving forward despite our fears.

May this Gospel encourage us to place our trust more deeply in God. When the world makes us feel insignificant or afraid, may we always remember that we are valuable in the eyes of God. **And because He loves and cares for us so greatly, we should never be afraid to live our faith with courage and hope.**

JUNE
24

The Forerunner of the Lord

CATECHISM on the Solemnity of the Nativity of St. John the Baptist
by Br. Lawrence J. Pacatang

Hundreds of years before the time of Jesus, the prophets Isaiah and Malachi prophesied about someone who would prepare the way for Jesus' coming - a "voice crying out in the wilderness" according to Isaiah and "a messenger to prepare the way" according to Malachi. Centuries later, during Herod's reign, these prophecies began to unfold through the priest Zechariah and his wife Elizabeth (the cousin of Mary). It is said that, "once when he (Zechariah) was serving as priest in his division's turn before



God...the angel of the Lord appeared to him, standing at the right of the altar of incense" (Lk 1: 8,11), to announce the privilege they have to partake into this divine plan. The Angel Gabriel appeared to Zechariah announcing to him that his wife Elizabeth, despite her old age, would bear a son, and he will be that

forerunner of whom the prophets in the olden days prophesied.

The child was named John (meaning God has been gracious) in accordance with the instruction of the Angel Gabriel. In the course of time, John "grew and became strong in Spirit, and he was in the desert until the day of his manifestation to Israel" (Luke 1:80). It was there that he exemplified an ascetic life, just wearing clothes made of camel hair, with a leather belt around his waist and eating only locusts and honey, manifesting John's simple life, with certain faith in God's providence. When the right time arrived, John came out from the wilderness to start his ministry of "preparing the way" for the coming of our Lord. John started baptizing people with water symbolizing their repentance and purification, hence the title "Baptist".

Because of John's holy life and his proficient knowledge about God despite not having any formal education, it was not long before the people began to speculate if he could be the Messiah. However, John did not delay to clarify "I am not the Messiah...I baptize with water, but there is one among you whom you do not



recognize, the one who is coming after me, whose sandal strap I am not worthy to untie.” (Jn 1:20, 26-27) Then the next day he saw Jesus coming toward him and said, “Behold, the Lamb of God, who takes away the sin of the world. He is the one of whom I said, ‘A man is coming after me who ranks ahead of me because he existed before me...he is the one who will baptize with the holy Spirit.’”(Jn 1:29-30,33)

John continued to baptize and preach repentance to people. At one point, John rebuked Herod’s affair with Herodias, the wife of Herod’s brother Philip, saying “It is not lawful for you to have her.” (Mt 14: 4) At this, Herod wanted to kill John but was hesitant because the people regarded John as a prophet. So, Herod sent John to prison. However, “at a birthday celebration for Herod, the daughter of Herodias performed a dance before the guests and delighted Herod, so much that he swore to give her whatever she might ask for. Prompted by her mother, she said, “Give me here on a platter the head of John the Baptist.” (Mt 14:6-8) Hence, came the death of John the Baptist.



Not much is known about John except the facts that he is a cousin of Jesus, and that his birth and life was of divine design. **Today, John the Baptist remains to be one of the most important Biblical persons to have ever**

existed, so much so that the Church does not only commemorate his death (Aug. 29) like most saints, but also celebrates his birth (June 24). This privilege has not been given to any other saints except the Blessed Virgin Mary who is the Mother of God. One lesson to learn from John’s life is that true greatness lies in pointing others to Christ. So, as we celebrate the Solemnity of John the Baptist today, may we also continue to strive to live holy lives and lead others back to God.

JUNE

28

God First!

REFLECTION on the Thirteenth Sunday in Ordinary Time
(Matthew 10:37-42)

by Br. Michael S. Pepania, Jr.

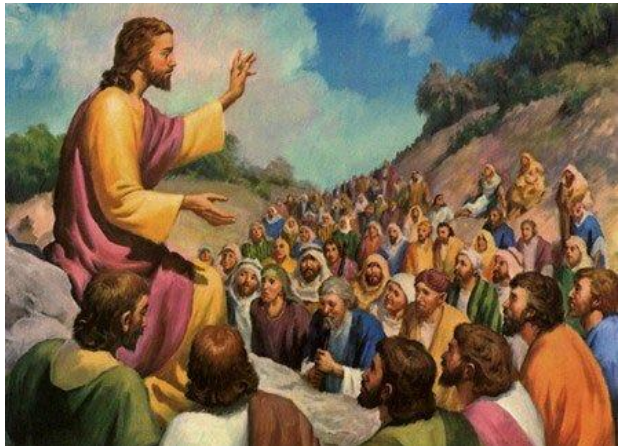


Life is full of choices—between work and family, between comfort and sacrifice, between what feels easy and what feels right. Being a Christian means becoming fully

committed to doing the mission that Jesus did for our salvation. In this gospel, **Jesus reminds us that following Him means putting God first, even when it's hard.** This does not imply that we should cease enjoying life or loving our family; rather, it means that our love for God should be the foundation of our love for them. His words urge us to reconsider our values in a society where social media, wealth, and achievement frequently take center stage.

When Jesus says we must put Him first, He is reminding us that faith should guide our choices, even in the middle of life's activities. We

must be careful with our choices and not follow many people who chase after money, success, or recognition, even trampling on other people's rights and dignity in the process. Little do they realize that these things can



leave us empty if God is not at the center. Putting God first doesn't mean ignoring our responsibilities. It means letting His love shape how we handle them. For example, choosing honesty at work, showing patience at home, or helping someone in need are ways we live out this Gospel. When we behave with God in mind, even the smallest acts of kindness - like listening to a friend or sharing what we have - become admirable.

Putting God first above everything else leads the way we live and love towards the right direction. When we put God at the center of our lives, our actions, whether great or simple, become a testament of discipleship, reflecting Jesus' life here on earth. Amidst the noise and distractions, challenges, and pains in the world, Jesus teaches us that simple kindness is seen by God as a great act. As Mother Teresa of Calcutta would say, "**Not all of us can do great things. But we can do small things with great love.**" Life with God here on earth is not all about perfection; rather, it is about consistently choosing to do good, following the examples of Jesus Christ, over our tendencies to be selfish and to fear. **In choosing God, we discover true freedom and feel the joy of knowing that nothing done in love for God is ever wasted.**

JUNE

29

The Two Great Pillars of Christianity

CATECHISM on the Solemnity of Sts. Peter and Paul, Apostles
by Br. Khen Airon A. Yonzon



The Solemnity of Saints Peter and Paul invites us to a “spiritual pilgrimage” back to Christ’s risen victory, where the Apostles experience Jesus alive and were entrusted with a mission that comes from the Holy Spirit. In that encounter, Jesus links his presence to a power connected with forgiveness: “Receive the Holy Spirit. If you forgive the sins of any, they are forgiven; if you



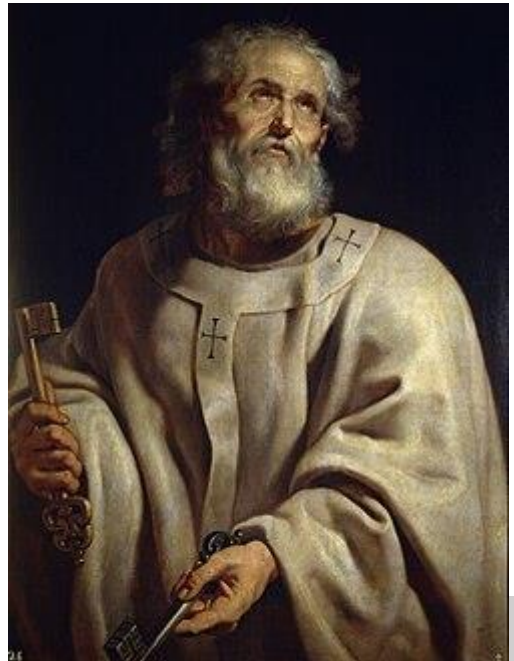
retain the sins of any, they are retained.” The Church therefore teaches that this power has its origin in the risen Lord and flows from the truth that “only God can forgive sins,” which God wished to accomplish through his crucified and risen Son so that by forgiveness, people truly pass “from death to life”.

Peter’s role is presented as central to the Church’s foundation. Because Peter confesses the identity of Jesus - “*You are the Christ, the Son of the living God*” - Christ

declares: “*You are Peter, and on this rock I will build my Church,*” and he gives “the keys of his Church,” instituting Peter as “shepherd of the whole flock.” The Catechism adds that the “office of binding and loosing” given to Peter is shared within the apostolic communion (“the college of apostles united to its head”), and that Peter’s mission is to keep the faith he confessed “from every lapse” and strengthen his brothers in it.

The feast also points us to the Church’s living unity through Peter’s successor.

The Catechism teaches that the bishop of the Church of Rome, successor to Peter, is “head of the college of bishops, the Vicar of Christ and Pastor of the universal Church on earth,” so that Peter’s mission is not merely personal but continues through the bishops under the primacy of the Pope. In the Pope’s teaching for this solemnity, the Church’s



universal nature and communion are emphasized (notably through the pallium as a sign of communion with the See of Peter), together with the duty to safeguard “the purity of the Gospel and the unity of Christ’s Church,” grounded in Peter’s faith.

Finally, **Peter and Paul are held up as models of apostolic courage and mission fulfilled through suffering.** Their witness is described as providentially oriented from Jerusalem to Rome, and the Gospel’s spread beyond boundaries - especially Paul’s mission “that all the Gentiles might hear it” - is crowned by steadfastness and martyrdom. The Popes connect this to our own life: difficulties are not excuses to stop proclaiming. Rather, trust in the Lord who “delivers his friends” must sustain our missionary zeal and preserve hope as we seek the unity Christ desires.

The Martyrdom of Sts. Peter and Paul



13th Century

Dominican Blessing

May God the Father bless us,
may God the Son heal us,
may God the Holy Spirit enlighten us
and give us eyes to see with,
ears to hear with,
hands to do God's work with,
feet to walk with,
and mouth to preach the word of salvation with,
and the angel of peace,
to watch over us and lead us
at last, by the Lord's gift, to the kingdom.
Amen.

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