

**Mass Intentions (Feb 7 – 13) 2026)**

Sat. Feb 7/4:30 p.m. Nick Baird - Teresa Baird

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Sun. Feb 8 /10:00 a.m. Nick Baird - Teresa Baird  
 Ida Cassar - Samia Cassar  
 Eileen Shanahan - Shanahan & Scott family  
 Lucia I. Liganor & Ricardo T. Liganor Sr. - Liganor/Chan family

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**WORLD DAY FOR THE SICK**

Wed. Feb 11/10:00 a.m. Nick Baird - Teresa Baird

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Thu. Feb 12/10:00 a.m. Rosaria Bertucci, Bruno Roti & Vito Andreacchi - E Nardi

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Fri. Feb 13/10:00 a.m. Living & Deceased members of the Baird, Shanahan, Scott, Ryan, Malone, Faherty, McGarry & Kostner families - Teresa Baird

**5th SUNDAY IN ORDINARY TIME (Year A)**

*“You are the light of the world.”*

**First Reading** (Isaiah 58:6-10) Your light shall break forth like the dawn.

**Second Reading** (1 Corinthians 2:1-5)

I proclaimed to you the mystery of Jesus Christ, and him crucified.

**Gospel** (Matthew 5:13-16)

By means of a simple illustration, Jesus shows us our dignity and importance as his followers today.

**Reflection:**

**The theme of light shines through our readings today.**

The emphasis is not exclusively or even primarily on Jesus as the Light of the world, but on our call to be light to the world.

Life can be dull and lack excitement at times. It can be downright oppressive at other times. What helps us keep going is by having something or someone bring a bit of encouragement and hope to us.

We can begin to see more clearly and experience some of the GOODNESS that is always present, but that GOODNESS needs to be brought out more. GOD is always with us, but we often fail to see and taste the GOODNESS of the Lord Jesus. We need others to shine some light on our situation and bring out the flavor of that which is GOOD in us and in our situation.

We also need to be the source of enlightenment and enhancement in the bland and/or dark lives of those around us. We need to help them focus on the GOOD that is there.

In the Gospel today, Jesus challenges His disciples, including us to live out our lives as salt for the earth and light for the world.

**May you continue to be a source of the enhancement in other people’s life, by bringing light into their darkness and providing a sense of hope in them.**

**The Countdown for Lent  
Ash Wednesday February 18.**

Lent is an important season in the Church’s year. Every year Christians use Lent to prepare themselves for the death and resurrection of Jesus Christ, On Easter Sunday.

Lent is the forty days before Easter. Christians do not include Sundays in the forty days because they celebrate Jesus’ resurrection every Sunday. Lent begins on Ash Wednesday and ends on Holy Saturday. As Ash Wednesday approaches, we want to be ready to really take off on that day. Before we get to Ash Wednesday, we should start asking ourselves some questions and we should start with some preparations.

**“What does God want to give me this year?”**



**The Sanctuary Lamp will burn this week for the Living & Deceased members of the Baird, Shanahan, Scott, Ryan, Malone, Faherty, McGarry & Kostner families.**

By - Teresa Baird

**Sacrament of Reconciliation every Sunday, 30 minutes before mass or any other day/time by appointment. (514) 488-0778.**

**Vatican News (05/02/2026)**

**Pope reiterates need to respect rights of children, protect them from danger.**

Pope Leo XIV renews the Church’s call to place children at the heart of global concern, warning that despite international commitments, the situation of the world’s youngest remains deeply troubling.

Global aid experts strengthen outreach and advocacy efforts assisting children  
Addressing the Organizing Committee of the initiative “From Crisis to Care: Catholic Action for Children,” Pope Leo XIV on Thursday encouraged participants as they continued the work begun at last year’s International Summit on Children’s Rights.

Born from the response to Pope Francis’ urgent call to safeguard the rights, dignity and well-being of children, the Catholic Action for Children Initiative is co-sponsored by Holy See institutions and religious unions with the participation of the Pontifical Commission for the Protection of Minors and a range of religious congregations, and lay experts.

Working directly with children and families across five continents, it aims to culminate in a public action plan to support Church leaders, communities and partners, with the aim of ensuring that every child grows up in safe, nurturing family care supported by strong, coherent systems.

**To be continued...**



**Valentine's Day**, also called **Saint Valentine's Day** or the **Feast of Saint Valentine**, is celebrated annually on February 14.

It originated as a Christian feast day honoring a martyr named Valentine, and through later folk traditions it has also become a significant cultural, religious and commercial celebration of romance and love in many regions of the world.

There are a number of martyrdom stories associated with various Saint Valentines connected to February 14, including an account of the imprisonment of Saint Valentine of Rome for ministering to Christians persecuted under the Roman Empire in the third century.

According to an early tradition, Saint Valentine restored sight to the blind daughter of his jailer. Numerous later additions to the legend have better related it to the theme of love: tradition maintains Saint Valentine was a priest in third-century Rome who defied Emperor Claudius II after the ruler outlawed marriage for young men believing single men were better able to serve the army than married men with family. St. Valentine would perform marriages in secret for young lovers, ultimately leading to his death. An 18th-century embellishment to the legend claims he wrote the jailer's daughter a letter signed "Your Valentine" as a farewell before his execution.

The 8th-century Gelasian Sacramentary recorded the celebration of the Feast of Saint Valentine on February 14. The day became associated with romantic love in the 14th and 15th centuries, when notions of courtly love flourished, apparently by association with the "lovebirds" of early spring. In 18th-century England, it grew into an occasion for couples to express their love for each other by presenting flowers, offering confectionery, and sending greeting cards (known as "valentines").

Valentine's day can create a variety of emotions for different people. For some it creates great satisfaction celebrating the love you have between you and your friends & family.

For others it can cause feelings of loneliness. Whether you are single or in a relationship, let this Bible verse encourage you to celebrate, for God has unconditional and indescribable love for us.

**“Take delight in the LORD,  
and HE will give you the desires  
of your heart”.**

**Sick and Shut-Ins**

**If you have a family member or know of a friend who is shut-in and wish to receive Holy Communion or a visit from our pastoral home care team please call the parish office. We are here to serve you.**