

FIFTH SUNDAY IN ORDINARY TIME

February 8<sup>th</sup>, 2026

St. Matthew has already introduced Jesus as the light of a darkened world (3rd Sunday in OT). Now the function of enlightening and guiding a morally confused humanity is shared with His disciples. In the ancient world, salt was one of the most important necessities of life, especially for preserving and seasoning food. So too was light for obvious reasons. We shouldn't turn salt and light into allegories. They are just images. Both images are making the same point: Jesus' disciples have a vital role to play in the world through their good deeds. When the disciples stop witnessing through their deeds, they become as useless as salt that has lost its taste or a lamp that doesn't give light.

MASS SCHEDULE

Sunday, February 8 <sup>th</sup> <i>5<sup>th</sup> Sunday in OT</i>	9 am 11 am	<i>Missa Pro Populo</i> <i>Missa Pro Populo (Linwood)</i>	
Monday, February 9 <sup>th</sup> <i>Ordinary Time</i>	-	-	-
Tuesday, February 10 <sup>th</sup> <i>St. Scholastica</i>	9 am	<i>Intentions of Juan Pablo Baldizon</i>	By the Family
Wednesday, February 11 <sup>th</sup> <i>Our Lady of Lourdes</i>	12 pm 4 pm	+ <i>Gerard Stemmler (8<sup>th</sup> Anniv.)</i> + <i>Wayne Vollmer (Linwood)</i>	By the Family By the Family
Thursday, February 12 <sup>th</sup> <i>Ordinary Time</i>	9 am	+ <i>Bernard Miller</i>	By Murray & Sharon Runstedler
Friday, February 13 <sup>th</sup> <i>Ordinary Time</i>	9 am	+ <i>Vincenzo Catuogno</i>	By Joe Boccanfuso & family
Saturday, February 14 <sup>th</sup> <i>Sts. Cyril &amp; Methodius</i>	5 pm	+ <i>Beatrice Vollmer</i> + <i>Geraldine Grubb</i>	By the Family By Mark & Joan Voisin
Sunday, February 15 <sup>th</sup> <i>6<sup>th</sup> Sunday in OT</i>	9 am 11 am	<i>Missa Pro Populo</i> <i>Missa Pro Populo (Linwood)</i>	

History of the Catholic Church (#103) – From this practice it was only a short step to monasticism, wherein the ascetic secluded himself completely from society by going out into the wilderness or desert. As far as we know, the first one to do this was St. Anthony of Egypt, who was deeply moved when he happened to hear the text: “There is one thing further you must do. Sell all you have and give to the poor. You will have treasure in heaven. Then come and follow me.” He took up an abode in complete solitude on the east bank of the Nile. As others gathered around him, a large populace of monks formed in the deserts south of Alexandria. Some practiced lives of complete solitude except for a weekly assembly and liturgy, while others lived in communities. Pachomius (ca. 290), another Egyptian, originated another form of monasticism that was characterized by a high degree of organization: work, study of Scripture, and prayer were integrated into a balanced daily schedule.

SHROVE TUESDAY PANCAKE BREAKFAST – Please join us on Tuesday, February 17<sup>th</sup> for a pancake breakfast in the parish hall following the 9am Mass. All are welcome! Free-will offerings gratefully accepted.

SOUP LUNCHEON DURING LENT – Beginning on Wednesday, February 25<sup>th</sup>, and on every subsequent Wednesday during Lent, you are invited to a delicious soup luncheon following the noon Mass. As we enter this period of reflection and repentance, strengthen your connections to this beautiful community! Free-will offerings gratefully accepted.

ENHANCING SELF-ESTEEM - This program provides the opportunity to increase awareness of yourself and to learn specific skills for building a positive self-esteem. It can help you to feel stronger in all areas of your life. Issues covered during the course include taking responsibility for your own thoughts and feelings, positive ways to behave assertively and setting realistic goals for your future. The program will run Tuesdays from Feb. 17 – April 21 from 7-9 pm and are held at the Chancery Office at 700 King St. West Hamilton. Cost is \$35 for materials. Registration online can be found by going to [hamiltondiocese.com](http://hamiltondiocese.com) and looking for the date under Upcoming Events, or by contacting Sarah at 905-528-7988 ext. 2249, or at [familyministry@hamiltondiocese.com](mailto:familyministry@hamiltondiocese.com)

SPRING BOOK CLUB: “ON LOVE OF THE POOR” – The Office for Evangelization and Catechesis invite you to join us for a four-week virtual book club, exploring Pope Leo XIV’s first Apostolic Exhortation, “On Love of the Poor.” Aligned with our Lenten journey, this series will explore the key themes and messages of our Holy Father’s message on love and solidarity with those who experience marginalization. Registration can be made here: <https://hamiltondiocese.com/events/>

ReSTART: MOVING FORWARD – Have you experienced a divorce or separation? Are you looking to learn ways to cope, for support from others and to gain a feeling of moving forward? Our 10-week program offers education and support to anyone seeking to heal or simply learn more. The sessions will run Tuesdays from Feb. 17 – April 21 from 7-9 pm and are held at the Chancery Office at 700 King St. West in person. Cost is \$35 for materials, but no one is turned away. Registration online can be found by going to [hamiltondiocese.com](http://hamiltondiocese.com) an looking for the date under Upcoming Events, or by contacting Sarah at 905-528-7988 ext. 2249 or at [familyministry@hamiltondiocese.com](mailto:familyministry@hamiltondiocese.com)

DIOCESE OF HAMILTON PRAYER CALENDAR – Please remember the following in your prayers: Rev. Lourdy Dorismond, OMI, Discalced Carmelite Nuns, OCD, Parents & Guardians, Rev. Hanh Van Tran, OMI, & Rev. Adam Voisin.

VOCATION SEEDS – “You are the light of the world.” Are you willing to let your light shine as a priest, deacon, brother or sister? If you think God is calling you to a Church vocation, contact Fr. Mark Morley, Director of Vocations, Diocese of Hamilton at 905-528-7988. Email: [vocations@hamiltondiocese.com](mailto:vocations@hamiltondiocese.com) Website: <https://hamiltondiocese.com/vocations/>

LAST WEEK’S COLLECTION – St. Clements \$2,855.00. Thank you for your generosity!