



Donations received –

Jan 17/18, 2026 – 1,926.00

Loose \$549.00

St. Vincent de Paul \$725.00

Jan 24/25 – \$2,037.00 Loose \$375.00

DIOCESAN PRAYER CALENDAR

Feb 2-7, 2026

Feb 2 – The Presentation of the Lord
(World Day for Consecrated Life)

Feb 3 – Rev. Allen Varlaki

Feb 4– Missionaries

Feb 5 - **Rev. Charles Jordan**

Feb 6 – Rev. Ken Miskiewicz

Feb 7 – Rev. Florian Stasinski, C.R.

Feb 8 – 5th **Sunday in Ordinary Time**

Feb 9-14, 2026

Feb 9 – Rev. Lourdy Dorismond, O.M.I.

Feb 10 – St. Scholastica, Virgin

Feb 11 – Discalced Carmelite Nuns, O.C.D.
(World Day of the Sick)

Feb 12 – Parents & Guardians

Feb 13 – Rev. Hanh Van Tran, O.M.I.

Feb 14 – Rev. Adam Voisin

Feb 15 – 6th **Sunday in Ordinary Time**

YOUTH NEWS



Youth Group Grades 6-8 Join us on February 6th for Youth Group. Meet us at Most Blessed Sacrament Parish Hall at 7:00 p.m. This month we will discuss how God loved the world so

much, He gave us Jesus. Download a permission form from our website, if you have never attended before.

Galentine’s Retreat – Girls Grades 7–10

All girls in Grades 7–10 are invited to a *Galentine’s Retreat* on **Saturday, February 14, from 1:00 p.m. to 8:00 p.m.** This evening retreat will be a time of faith, friendship, prayer, and fun as we celebrate God’s love and the gift of sisterhood. **Cost:** \$20 per participant. Registration forms can be found by scanning the QR Code.

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All are welcome—come as you are and bring a friend!

Installation of the 10th Bishop of Hamilton

The Installation of His Excellency, **Bishop Joseph Dabrowski**, as the *10th Bishop of Hamilton* will take place on Monday, February 2, at 11:00a.m. at the Cathedral Basilica of Christ the King in Hamilton. This is an **invitation-only** liturgical celebration. For those unable to attend in person, the Mass will be **livestreamed (link to come)**, allowing the wider diocesan community to participate prayerfully from home. We invite the faithful of the Diocese to keep our new Bishop in prayer as he begins his episcopal ministry among us, asking that he be warmly welcomed and supported in this new chapter of service. A few weeks following the Installation, Bishop Dabrowski will celebrate Mass with the diocesan community on the **First Sunday of Lent**. **Further details will be shared in the coming weeks.**



The next meeting for the Catholic Women's League is being held on Sunday February 1, 2026 after the 11am Mass in the parish hall at Blessed Sacrament Church. This is a very important meeting as elections will take place at this meeting. All members are encouraged to attend to make their vote to count. A light lunch will be provided. All women from both Sacred Heart and Blessed Sacrament Churches are invited to attend.

Now that the Christmas celebrations are over, the **ADULT CHOIR** is looking forward to preparing for Easter. New members, especially men, are encouraged to join NOW as new music is being prepared for the Easter Vigil celebration. So if you were thinking of joining and being a part of our wonderful choir, the time is now! Call the rectory for more details.

Parent Tip --- Parents constantly undertake the task of correcting poor behaviour in their children. To help them grow to be good and capable adults, it is important they learn proper behaviours, etiquette and good manners; parents are the first and foremost educators of all of these. Instead of reprimanding when undesired behaviours arise, ask them how they should be acting, or what would be a better way to act? Take a moment to remind them that their Baptism calls them to follow a better way, undertaking the same actions that Jesus would, ways of caring, love and compassion. Relating their behaviours to their faith provides a guidepost for actions throughout their lives and a way to live fully their Baptism.

Marriage Tip - Gratitude has proven to be one way that we can feel more joy in our everyday living. In our marriages, all the good moments can slip past our awareness when we focus instead on those that are annoying. What if you took time at the end of each day to review the day with eyes of gratitude instead of discontent? You would find that you can be thankful for so many things, for example: a spouse to share your home with, to share parenting with, to make you coffee or dinner, to the shared glance, smile or kiss that day. And there is more: a person who shares your values, who supports your faith, someone who is a forever friend. When we focus on gratitude, our relationship has a different look and feel and both spouse’s benefit!

From: Family Ministry Office;905-528-7988 x. 2250

The Diocesan Wedding Anniversary Mass - Are you celebrating your 25th, 40th, 50th, 60th, or 60+ Wedding Anniversary in the year 2026? You are cordially invited to join Bishop Dabrowski and couples from across the Diocese of Hamilton for a Wedding Anniversary Mass on Sunday, May 31, 2026 at the Cathedral Basilica of Christ the King in Hamilton at 1:30 pm. (Space allows room for Anniversary couples only - those married 60 years or more may bring one guest if you require assistance). Registration is found under Upcoming Events on the home page at hamiltondiocese.com, or call Family Ministry Office at 905-528-7988 ext. 2249.

In our parish the archbishop had just formally installed our new pastor. After the installation Mass a five-year-old kindergarten boy came up to the priest and asked, “Father how does it feel since you’ve been ‘pastorized’?”