



**Donations received –**

Jan 31/Feb 1, 2026 – \$3,039.00

Loose \$461.00

Seminary collection \$515.00

Feb 7/8 – \$2,255.00 Loose \$410.00

**DIOCESAN PRAYER CALENDAR**

**Feb 16-21, 2026**

Feb 16 – Rev. Jarek Pachocki, O.M.I.

Feb 17 – Rev. Robert Love

Feb 18 – Ash Wednesday

Feb 19 - Rev. Jeffery Oehring

Feb 20 – Rev. Francesco Cucchi

Feb 21 – Rev. Mark Gatto

Feb 22 – **1st Sunday of Lent**

**Feb 23-28, 2026**

Feb 23 – Rev. Joonbin Lim

Feb 24 – Rev. Ralph Diodati

Feb 25 – Society of the Sacred Heart of Jesus, R.S.C.J.

Feb 26 – Rev. Saju Oreethaparambil, C.Ss.R.

Feb 27 – Rev. Kevin Upendran

Feb 28 – Rev. Drago Gacnik S.D.B.

March 1 – **2nd Sunday of Lent**

**YOUTH NEWS**

**Youth Group**

Youth Group Grades 6-8 Join us on March 6<sup>th</sup> 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.

**Thinkfast**

Attention Grade 8 to 12 Students. Join as we reflect on the Global South. **What is Thinkfast?** Thinkfast is an opportunity to gather together for 24 hours to reflect on Catholic Social Teachings, initiatives happening in the Global South and what we can do here in Canada. There is an opportunity to sleepover, but you do not have to sleepover to participate. Thinkfast will take place Friday, March 6<sup>th</sup> to Saturday, March 7<sup>th</sup>. For more information, please pick up a permission form in the Narthex or speak to Rachel or Ashley.

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.

**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.

The next meeting for the **Catholic Women's League** is being held on **Sunday March 1, 2026**, in the parish hall at Blessed Sacrament Church. This will be our *Share Lent* lunch. Please bring some bread and fruit to share.



The soup will be provided. All women from both Sacred Heart and Blessed Sacrament Churches are invited to attend.

Our **CWL** held their annual general meeting on February 1<sup>st</sup>. At this meeting an election took place to elect a new executive council. Thank you to all members who took part in the nomination process. Please keep your CWL executive in your prayers as we move forward in faith, service and justice.

**Most Blessed Sacrament Parish  
Executive 2026-2028**

President:	Rachel McNamara
Vice-President:	Christina McNamara
Treasurer:	Linda Guralski
Recording Secretary:	Judy Adams
Faith:	Carrie Farrauto
Social Justice:	Flo Banzon
Service:	Patricia Williams
Spiritual Advisor:	Fr. Charlie Jordan

**PARENTING TIP for February** We are constantly teaching our kids by what we choose to make a priority. We encourage schoolwork to be done well, engage in extra-curricular activities for fun and development, pray and attend Mass so faith stays at the forefront of our family values. We are however, also teaching our children when we are not trying to teach them. In those moments we are silently saying, you matter and I love being with you, that family time to relax is vital to good mental health and that undertaking chores together connects us as a family. So, enjoy the non-teaching times because they matter more than you might think! (From:

**MARRIAGE TIP for February** - We communicate by using words, sometimes without thinking about their impact. Words can build someone up or tear them down. It is the same in our relationships, the words we choose to express ourselves can impact our relationship, even when there is an issue, positively or negatively. Severe words that criticize, words used in harsh tones, words that are not true, or worse, saying nothing at all but acting angry, all escalate sometimes small matters into a storm. Speaking the truth and expressing needs in ways that are not negative will resolve matters and do no harm, in fact, they will strengthen your love and bond. (From: Teresa Hartnett, Family Ministry Office; 905-528-7988 ext. 2250)



*is a time of renewal. Which begins Wednesday Feb 18<sup>th</sup> on Ash Wednesday.*

It doesn't take a lot of time to prepare for Lent. It just takes desire and focus. God can do so much with that. We can give God more of a space to touch our hearts if we begin to establish some simple patterns.

These 40 days of Lent gives us time to do just that in three traditional and helpful ways:

**Prayer** – helps us renew and deepen our relationship with Him

**Fasting** – allows us to simplify our lives- which is always good for the soul. Put Jesus Christ ahead.

**Almsgiving** – share “time, talent & treasure”