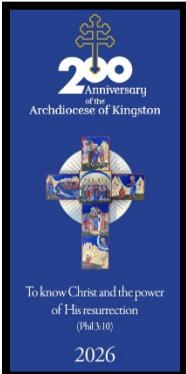


# Welcome! 4<sup>th</sup> Sunday in Ordinary Time

Mass Schedule for St. John the Baptist Parish, St. Bridget Parish, and Sacred Heart Parish ~ February 1<sup>st</sup> - 8<sup>th</sup>

Saturday January 31 ~ St. John Bosco		
SJ	5:00pm	Jean Fortner ~ Nancy Fortner
Sunday February 1		
SJ	9:00am	Theresa Somerville ~ Mary Somerville, Emily McNaughton & Jean-Paul Leblanc
SHP	9:00am	James O. Adam ~ Don & Dianne Adam
SB	11:00am	For the sick, dying, and grieving within our parish ~ St. Bridget's CWL
SJ	11:00am	Mass for the People of the Parish
Monday February 2 ~ The Presentation of the Lord		
SJ	8:30am	Prayer for the Sick & Suffering
Tuesday February 3		
SB	9:00am	-----Mass Cancelled-----
SJ	4:30pm	Gerry & Genina Sherwin ~ Allida Rubino
Wednesday February 4		
SJ	9:00am	Provost Family ~ Jacques Poulin
Thursday February 5 ~ St. Agatha		
SHP	9:00am	-----Mass Cancelled-----
SJ	12:00pm	Int. of Amanda Achtman ~ LifeMatters Group
(FIRST) Friday February 6 ~ St. Paul Miki & Companions		
SJ	8:30am	Prayer for the Sick & Suffering
SJ	9:00am	Int. of Norah Fox ~ Suzanne Luciano
SJ	9:30am	Holy Adoration & Benediction
(FIRST) Saturday February 7		
SJ	9:00am	Jayden Dowdall ~ Jason, Julie, & Justin Dowdall
SJ	5:00pm	In thanks to St. Jude ~ Bonnie Switzer
Sunday February 8		
SJ	9:00am	Mass for the People of the Parish
SHP	9:00am	Helen Cameron ~ Doris Quinn
SB	11:00am	Mel Bush ~ Jean McShane
SJ	11:00am	Des McKenna ~ Ann Buchanan

Thank you for your contributions! Regular Sunday  
Donation \$2080.  
Monthly PAD donation \$7568.



## 200<sup>th</sup> Anniversary of the Archdiocese of Kingston

### The Jubilee Year Begins!

We began our celebrations for the 200th Anniversary Jubilee of the Archdiocese of Kingston on Monday, December 8<sup>th</sup>! Jubilee celebrations will take place throughout the year at the Parish, Deanery, and Archdiocesan levels. Keep an eye on the bulletin & Flocknote for parish and deanery events to come! Archdiocesan events can be found in the Fall edition of Journey, which can be found in your church today!

## PARISH FEATURE & FOCUS

### Blessed Are the Humble Who Trust in the Lord

Today's readings gently but firmly turn our attention away from pride, power, and self-reliance, and back toward humility, trust, and dependence on God. In Zephaniah, the prophet calls the people to "seek the Lord... seek humility." God promises that a poor and lowly remnant will remain "people who no longer rely on deceit or strength, but who take refuge in the name of the Lord". God is not drawn to noise and arrogance, but to quiet hearts that trust Him.

Saint Paul speaks this truth in the second reading. He reminds us that God did not choose many who were wise or powerful by human standards. Instead, God chose the weak and the lowly so that no one may boast before Him. Our dignity does not come from what we achieve, but from who we belong to-Christ Jesus, who is our wisdom, righteousness, and salvation.

This prepares us for the Beatitudes in the Gospel, the heart of Jesus' teaching. Here, Jesus turns the world's values upside down. The blessed are not the rich, the satisfied, or the powerful, but the poor in spirit, the meek, the merciful, the peacemakers, and those who hunger for righteousness. These are not passive people, but people who have learned to depend on God rather than themselves.

Dear friends, today's readings teach us that the Kingdom of God belongs to those who know their need for God. True blessing is not the absence of suffering, but the presence of God in humble hearts. When we let go of pride and self-sufficiency, we make room for God's grace.

As we go into this week, the question is simple: Where am I placing my trust? In my own strength or in the Lord? Jesus assures us that when we choose humility, mercy, and faithfulness, we are already walking the path of true blessedness.

Amen.

## SACRAMENTS

### Sacramental Preparation Classes!

**First Communion & Reconciliation Candidates:** The next class is February 8<sup>th</sup>, and begins with the 11am mass, followed by class in the Narthex.

### Confirmation Candidates:

The next class is February 22<sup>nd</sup>, and begins with the 11am mass, followed by class in the Narthex

### St. John's 2025 Income Tax Statements

A reminder that 2025 income tax statements are available for pickup in the narthex. Please note that tax receipts are not being emailed, except by special request to the parish office, in order to ensure reliable delivery to all parishioners.

## UPCOMING EVENTS

† **Retrovaille: A Lifeline for Troubled Marriages:** This program is designed to support marriages in crisis and can be of assistance to couples who have separated but are willing to work on their relationship to help repair the difficulties that exist. Upcoming in-person weekends:

- Hamilton Community - English weekend Mar 13 to Mar 15, 2026 (Niagara Falls) For more details or to register, see posters in church or this weeks' Flocknote.
- Toronto Community - Spanish weekend Mar 20 to Mar 22, 2026 (Mississauga) For more details or to register, see posters in church or this weeks' Flocknote.

† **Medjugorje Pilgrimage:** April 20 - May 1, 2026. Join us this Easter season for a grace-filled pilgrimage to Medjugorje, with a 2-night stay in beautiful Dubrovnik. Cost: \$2,830 CAD (double) • Single: +\$350. Includes: Flights, hotels, daily breakfast & dinner, transfers, parish-trained guide, daily Mass & excursions. Info & Registration: Karen Shannon – 613-848-5833/ Karen.Shannon@queensu.ca See posters and Flocknote for more information.

† **Archdiocese of Kingston 200th Anniversary Pilgrimage to the Holy Land:** Join Fr. Justin and Fr. Price on a faith-filled pilgrimage to the Holy Land from October 5-15, 2026. Walk in the footsteps of Our Blessed Lord, deepen your understanding of Sacred Scripture, and experience prayer, mercy, healing, and spiritual renewal in the places where the Word became flesh. Space is limited to 40 pilgrims, so early registration is encouraged. Please see the itinerary in the church and this weeks' Flocknote.

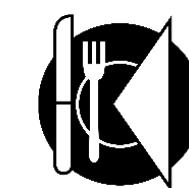
## PRAYERS

**Please remember the sick** in your prayers, including Maureen Czop, Jeannette Olivier, Marjorie Facette, Edith Lepine, Doris Quinn, Claudette Timmerman, Mary Rorwick, Stephen Tysick, Susan Beaudoin Watson, David Small, Barbara Morrison, & Fr. Stan Alanen. **Please remember those who have recently died** in your prayers, especially Janice Rutherford & Dr. Edward O'Brien, brother of Archbishop O'Brien. Jesus, I trust in You.

**In need of prayer?** Connect with our strong prayer warriors, Father Charles, Father Anthony, or one of our Parish Prayer teams through the Parish Office (for St John's Pastoral Care, CWL, or KOC Prayer group). Jesus, I trust in You.

## COMMUNITY MEALS

Dine-in meals every Monday, Wednesday, & Friday 4:30-6:00pm @ The Table (190 Gore St. East). Dine-in meals on the second Saturday of each month (excluding July & August) 4:30- 5:30pm @ St. James Church (54 Beckwith St. East).



February 1, 2026

## ANNOUNCEMENTS

### Important Notice

All users of the St. John's Meeting Place (15 Church Street) are kindly reminded to turn down the thermostat when leaving the building. Our hydro costs in November and December were significantly higher than this time last year, and your cooperation is greatly appreciated. Thank you. \*\*\*

### Important Notice

Our St. John's Church neighbours have been affected by vehicles blocking their driveways during Saturday evening and Sunday morning Masses. Please take care when parking to ensure driveways remain accessible.

## VOLUNTEERS NEEDED!

**We are grateful to the volunteers who have generously stepped up to assist with church cleaning.** Their help has been a true blessing. However, this important work cannot be carried by a few alone, and we are seeking additional volunteers to join them. Even one hour a week can make a meaningful difference.

**If you are able to help, please contact the parish office.** Thank you once again to all who continue to serve our parish with such generosity and care.

## UPCOMING MEETINGS

[St John Parish Meeting Place, 15 Church St, Perth]

CWL Monthly Meeting Next meeting is Monday, February 9 <sup>th</sup>	2 <sup>nd</sup> Monday of each Month @ 7pm
Monday Bible Study Group – Contact Jenny Salte for details.	Mondays @ 10am
Parish Council Monthly Meeting	2 <sup>nd</sup> Tuesday of each month @ 6:30pm.
Life Matters Monthly Meeting	2 <sup>nd</sup> Wednesday of each month @ 10am
Knights of Columbus Monthly Meeting	2 <sup>nd</sup> Wednesday of each month @ 7pm
Pastoral Care Committee Meeting	TBD
Wednesday Bible Study Group – Contact Jenny Salte for details.	Wednesdays @ 7pm
St. John's Holy Face Group Monthly Meeting	Last Thursday of each month, after the noon Mass
Thursday Bible Study Group – Contact Evelyn Goodfellow for details.	Thursdays @ 1pm
Sunday Mass 11am Choir	Thursdays @ 7pm & Sundays @ 10:15am
St. John's Movie Club	Friday, February 13 <sup>th</sup> @ 7pm
Life Matters Men's Group – Contact Dave Lapointe for details.	3 <sup>rd</sup> Saturday of each month
Saturday Mass 5:00pm Choir	Saturdays @ 4:45pm

### St. John's Movie Club - February

The Saint John's Movie Club will be holding its next meeting on Friday, February 13<sup>th</sup> at 7:00pm, at 15 Church St. Every meeting, we watch a film together and have group discussion about the meaning of the film and art in general afterward. For more information, contact Anthony: adellazzera@gmail.com.