

Welcome! 6th Sunday in Ordinary Time

Mass Schedule for St. John the Baptist Parish, St. Bridget Parish, and Sacred Heart Parish ~ February 15th - 22nd

Saturday February 14 ~ St. Cyril & St. Methodius

SJ	5:00pm	Marian Raczek ~ Daughter & Family
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Sunday February 15

SJ	9:00am	Mass for the People of the Parish
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SHP	9:00am	Melanie Leroux ~ Brian & Pat Molyneaux
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SB	11:00am	Leo Pevato ~ Nina Stewart
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SJ	11:00am	Jean Risk ~ Howard & Anne Pledge
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Monday February 16

SJ	8:30am	Prayer for the Sick & Suffering
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Tuesday February 17

SB	9:00am	Int. of Lianne Kevan ~ A Friend
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SJ	4:30pm	Des McKenna ~ Ann Buchanan
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SEASON OF LENT BEGINS

Wednesday February 18 ~ Ash Wednesday

SJ	9:00am	For the protection of all human life ~ LifeMatters Core Group
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SJ	10:00am	Ash Wednesday & St. John Elementary School Mass
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SHP	10:15am	Int. of Cathy Merkley ~ Friends at SJ
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SJHS	12:45pm	Ash Wednesday Mass at St. John's High School
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SJ	5:00pm	Ash Wednesday Mass
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SJ	5:00pm	Int. of Suzanne Luciano ~ Mark & Gina Noonan
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Thursday February 19

SHP	9:00am	Michael McDaniel ~ Don & Dianne Adam
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SJ	12:00pm	Int. of Elaine Cavalier ~ Barbara Hendry
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PCCC	2:00pm	Perth Community Care Centre Mass
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Friday February 20

SJ	8:30am	Prayer for the Sick & Suffering
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SJ	9:00am	Antonia Pelligrino ~ Colleen Smyth
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SJ	9:30am	Holy Adoration & Benediction
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Saturday February 21

SJ	5:00pm	Theresa Somerville ~ Mary Somerville, Emily McNaughton, & Jean-Paul Leblanc
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Sunday February 22 ~ First Sunday of Lent

SJ	9:00am	Benoit & Anne Marie Blier ~ Cavalier Family
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SHP	9:00am	Helen Cameron ~ Doris Quinn
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SB	11:00am	Fr. Lindo Molon ~ McMunn Family
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SJ	11:00am	Mass for the People of the Parish
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PARISH FEATURE & FOCUS

This Sunday's readings place before us something both beautiful and uncomfortable: the dignity of our freedom.

Sirach says it plainly: "If you choose, you can keep the commandments." God sets before us fire and water, life and death. In other words, our lives are not accidents; they are decisions. We are not puppets on divine strings. God respects us too much for that.

In the Gospel, Jesus raises the bar. "You have heard... but I say to you." It is not enough to avoid murder; we must uproot anger. Not enough to avoid infidelity; we must purify the heart. Not enough to swear great oaths; our simple "yes" and "no" should be trustworthy. Jesus moves us from external compliance to interior transformation.

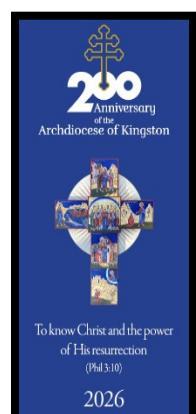
If we are honest, this is where we feel the weight of it. It is easier to say, "I didn't break the rule." *It is harder to ask, "What is happening inside my heart?"* I can refrain from shouting at someone and still rehearse the argument in my head all evening! Apparently, heaven also has access to our internal monologue.

But this is not about scrupulosity; it is about holiness. St. Paul reminds us that God's wisdom is not superficial. It is deep, hidden, revealed through the Spirit. *Christianity is not behavior modification. It is participation in the very life of God.* The Spirit searches "even the depths of God" and He also searches the depths of us, not to condemn, but to heal.

Jesus fulfills the law not by relaxing it, but by completing it in love. The commandment against murder becomes a call to reconciliation. The prohibition of infidelity becomes a call to integrity. The law about oaths becomes a call to transparent truthfulness. The heart is the real altar where obedience is offered.

God has placed before us fire and water. Each day we choose patience or resentment, fidelity or compromise, truth or exaggeration. The good news is this: grace always accompanies the choice. God never commands without empowering.

So today, let us choose life, not just outwardly, but inwardly, and allow Christ to make our hearts as faithful as our words.



200th 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 8th! 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!

SACRAMENTS

Sacramental Preparation Classes!

First Communion & Reconciliation Candidates: The next class is April 12th, and begins with the 11am mass, followed by class in the Narthex.

Confirmation Candidates:

The next class is February 22nd, and begins with the 11am mass, followed by class in the Narthex.

UPCOMING EVENTS

- † **World Day of Prayer 2026:** This global ecumenical event is organized by the various churches in the Perth area and will be hosted by St. John's Church this year. Nigeria, a western African country with a rich heritage and diverse ecosystem, welcomes and leads us for this 2026 prayer service. Everyone is invited to come together in prayer and reflection centered on the theme "I will give you rest: Come," (Matthew 11:28-30). Come and learn more about Nigeria's history, culture, and current issues on **Friday, March 6th at 2pm** at St. John's Church.
- † **Retrouvaille: 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.
- † **Project Rachel Spring Retreat:** Have you suffered the loss of a child from abortion, or the abortion pill? If grief, sadness, or shame has kept you alone in this, know that you are not alone, and that there is healing for you. Project Rachel at the Refuge will hold a retreat for post-abortive women in late April, 2026. Here you will find a beautiful, natural setting, companionship, and a welcome free of judgment or condemnation – healing is possible. Call 613-473-2679, in confidence, and see stmarysrefuge.org/rachel. See posters and Flocknote for more information.

- † **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
- † **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, & Pascal Proulx. Please remember those

who have recently died in your prayers, especially Father Stan Alanen & Rosa Angelita Gaitan. 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.

ANNOUNCEMENTS

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.

Thank You! A Message from Birthright Kingston:

Thank you all for such a generous collection of necessary items for the babies at Birthright Kingston. I cannot begin to express the joy on our moms' faces, including happy tears when we present them with very generous layettes that include so many items that they would not otherwise be able to purchase. On their behalf, we send our sincere thanks and may God bless the organizers and parishioners of St. John the Baptist Parish for your prayers, kindness and generosity.

PARISH OFFICE HOURS

The parish office will be closed from Tuesday, February 17th through Tuesday, February 24th. During this time, the office phone will not be monitored. For urgent matters, please contact one of our priests directly. All other inquiries will be addressed when the office reopens. God Bless!