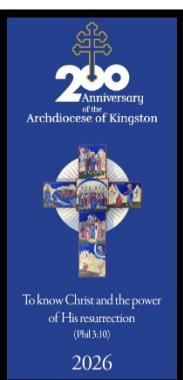


Welcome! 5th Sunday in Ordinary Time

Mass Schedule for St. John the Baptist Parish, St. Bridget Parish, and Sacred Heart Parish ~ February 8th - 15th

(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
Monday February 9		
SJ	8:30am	Prayer for the Sick & Suffering
Tuesday February 10 ~ St. Scholastica		
SB	9:00am	For God's Healing ~
SJ	4:30pm	Pilon & Crawford Families ~ Ken & Lucille Crawford
Wednesday February 11		
SJ	9:00am	Rev. Les & Fran Cavalier ~ Elaine Cavalier
LL	10:00am	Lanark Lodge Mass
Thursday February 12		
SHP	9:00am	Int. of Fr. Paul Mawalla ~ A Friend
SJ	12:00pm	Gerry & Genina Sherwin ~ Allida Rubino
Friday February 13		
SJ	8:30am	Prayer for the Sick & Suffering
SJ	9:00am	Theresa Somerville ~ Mary Somerville, Emily McNaughton & Jean-Paul Leblanc
SJ	9:30am	Holy Adoration & Benediction
Saturday February 14 ~ St. Cyril & St. Methodius		
SJ	5:00pm	Marian Raczek ~ Daughter & Family
Sunday February 15		
SJ	9:00am	Mass for the People of the Parish
SHP	9:00am	Melanie Leroux ~ Brian & Pat Molyneaux
SB	11:00am	Leo Pevato ~ Nina Stewart
SJ	11:00am	Jean Risk ~ Howard & Anne Pledge

Thank you for your contributions! Regular Sunday Donation \$2870.



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!

PARISH FEATURE & FOCUS

"Salt, Light, and a Life That Speaks"

In today's Gospel, Jesus gives His disciples a new identity. He does not say, "Try to become salt" or "Aim to be light." He says, plainly: "You are the salt of the earth... You are the light of the world." This is who we are because we belong to Him. Salt and light do not exist for themselves. Salt gives flavor and preserves; light reveals and guides. **In the same way, a disciple of Christ is not called to live a private or self-centred faith, but a faith that touches, heals, and transforms the world.**

This identity finds its challenge and clarity in the words of the prophet Isaiah. God rejects empty religion and speaks clearly about the fast He desires: to break unjust chains, to share bread with the hungry, to shelter the homeless, to clothe the naked, and to care for our own brothers and sisters.

Here, God teaches us that true worship is lived out in justice, mercy, and compassion. A faith that does not change how we treat others loses its flavor just like salt that has gone flat.

Saint Paul, in the second reading, reminds us that this Christian life is not built on impressive words or human wisdom. He came with simplicity, humility, and trust in the power of God. **The light we shine is not our own brilliance; it is the light of Christ working through ordinary people who depend on Him.**

When we live this way, Isaiah's promise is fulfilled: "Then your light shall break forth like the dawn." Our good works do not point to us, but to God. As Jesus says, "Let your light shine before others, that they may glorify your Father in heaven".

As followers of Christ we are to know that:

1. Our identity comes before our activity. We act as salt and light because we belong to Christ.
2. Faith must be visible. Prayer without charity, and worship without justice, are incomplete.
3. Small acts matter- feeding, forgiving, visiting, listening - these are powerful ways of shining Christ's light.
4. Humility strengthens witness- God's power is revealed when we rely on Him, not on ourselves.

Dear brothers and sisters, to follow Jesus is to accept this identity and its demands. The world does not need louder Christians, but truer ones, disciples whose lives make God's love believable. If we allow Christ to season our lives with love and set our hearts on fire with His light, then the world will see, and God will be glorified.

SACRAMENTS

Sacramental Preparation Classes!

First Communion & Reconciliation Candidates:

Class is this weekend - Sunday, February 8th, 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

† **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.

† **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.

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.

REMINDER – FOOD DONATIONS

Food donations for *The Table* continue to be collected in the baskets in the church entrance. A representative of the St. John's CWL also accepts donations on the first weekend of each month. **Your generosity can make a real difference in our community, please consider making a donation!**

February 8, 2026

WELCOME HOME, FR. CHARLES!

We hope that you've enjoyed a wonderful and rejuvenating time with friends & family back home in Nigeria. With grateful hearts, we warmly welcome you back home to (chilly) Canada!

34th World Day of the Sick

Pope Leo XIV's message for the 34th World Day of the Sick, which will be celebrated on Wednesday, February 11th, 2026, offers a reflection on the theme **"The compassion of the Samaritan: loving by bearing another's pain"**. In his message, the Holy Father offers and implores us to "raise our prayers to the Blessed Virgin Mary, Health of the Sick, asking her to assist all who suffer and are in need of compassion, consolation and a listening ear. Let us seek her intercession with this ancient prayer, that has been invoked in families for those living with illness and pain":

Sweet Mother, do not part from me. Turn not your eyes away from me. Walk with me at every moment and never leave me alone. You who always protect me as a true Mother, obtain for me the blessing of the Father, Son and Holy Spirit. Amen.

Lent is Almost Upon Us!

Ash Wednesday is on February 18th, just a couple weeks away! In anticipation of this season of renewal, please return last year's palms. Buckets are located throughout the church.

UPCOMING MEETINGS

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

CWL Monthly Meeting Next meeting is Monday, February 9 th	2 nd Monday of each Month @ 7pm
Monday Bible Study Group – Contact Jenny Salte for details.	Mondays @ 10am
Parish Council Monthly Meeting	2 nd Tuesday of each month @ 6:30pm.
Life Matters Monthly Meeting	2 nd Wednesday of each month @ 10am
Knights of Columbus Monthly Meeting	2 nd 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 th @ 7pm
Life Matters Men's Group – Contact Dave Lapointe for details.	3 rd 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 13th 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.