

THIRD SUNDAY OF ORDINARY TIME

MASS SCHEDULE

January 31 – February 8, 2026

Saturday, January 31

4:00-4:30 p.m. Confessions

5:00 p.m. For Agustina Quintana

Sunday, February 1

9:00 a.m. For Anastacio and Roberta Viquiera

11:00 a.m. For the People

Monday, February 2- Presentation of the Lord

Blessing of Candles

10:00 a.m. For the Holy Souls in Purgatory

Tuesday, February 3- St Blaise

9:30 – 9:50 am Confessions

10:00 a.m. **Blessing of the Throats**

For Genoveva Barbosa

5:15 p.m. **Blessing of the Throats**

For Bernardo LaDuka & Antonino Ginngross

Wednesday, February 4

10:00 a.m. For Stephane Gagnon

10:30 a.m. Prayers for Vocations

Thursday, February 5 – St Agatha

10:00 a.m. For Intention of Julie Van de Vrande

4:30 – 4:50 pm Confessions

5:15 p.m. MASS.

Friday, February 6 – St Paul Miki and Companions

10:00 a.m. For Beatrice Bertrand

10:30 a.m. Adoration

Saturday, February 7

4:00-4:30 p.m. Confessions

5:00 p.m. For the People

Sunday, February 8

9:00 a.m. For Josepina Agostinelli

11:00 a.m. For Catherine Clermont

MARRIAGE BANNS: There is a promise of marriage between Sally Mae RAYCROFT and Braydon Stephen OLLERENSHAW of this parish. Banns were originally used to notify people in a community of a coming marriage and to ascertain that there were no impediments to the marriage. If anyone knows any reason why this couple should not be married, they are morally obligated to report it to their parish priest.

Join livestreamed Mass Sundays at 9:00 a.m. on our website stpaulkingston.com

PRAYERS FOR THE DECEASED

You are asked to remember in prayer those recently deceased

PRAYERS FOR THOSE WHO ARE ILL

Please remember in your prayers the following:

Aiden Bedard, GF Miller, Marg Walton, Sean Sayle, Carmel Rumleski, Laura McKenney, Fr. Bill Steacy, Carol Robinson, and Denis and Sherry Guenette, Phillip Luckovich, Fr. Stan Alanen, Yvette DiBenedetti, Jerry Denoble, Joanne Purdy, Don Harper, Michael Drewniak Sr., Barry Jarvis
If there are members of your family or friends who are ill or recently died, and for whom you wish prayers, please contact the office at 613-389-8222

GOSPEL REFLECTION

The Sermon on the Mount is at the heart of Matthew's Gospel, and the Beatitudes are the heart of the Sermon on the Mount. To read and study the Beatitudes is to read and study the person of Christ and the heart of his teaching. The Beatitudes, however, are counter-cultural and a challenge in every age. The challenge for us is that our world no longer knows what good is and what wrong is. The world does not know truth from lies. We are beset on every side with values that are so different from the values given to us in the Scriptures. Yet we, who follow the Lord Jesus, have the Word of God to form us and to guide us into all truth. For many, life is about getting ahead and winning and becoming rich and famous; but these are more about appearances than reality and is the life of the ego. They leave God out of the equation and focus exclusively on the person. The Beatitudes call us not to self-love but to the selfless love and spirit of Christ. They call us back to God, and open for us a deeper understanding of life; they remind us of the paradoxical and tragic side of life. They tell us that wealth and success often destroy people; that it is often through our very strength that we fail. The positive side is that defeat and failure can be a profound victory. This is seen in Jesus who was defeated on the Cross, but raised up by God.

There are two special blessings this week. The blessing of candles on Monday and blessing of throats on Tuesday. If you have candles you wish to be blessed for use at home, please bring them to Mass on Monday at 10 am.

Please patronize our advertisers who are listed on the back of the bulletin.

Confirmation sessions (either Sundays at 12:20 pm or Thursday at 6:30 pm)

Session 1 – Sun. Feb. 1 or Thur. Feb. 5

Session 2 – Sun. Feb. 8 or Thur. Feb 12

Session 3 – Sun. Feb. 15 or Thur. Feb 19

Session 4 – Sun. Feb 22 or Thur. Feb 26

Session 5 – Sun. Mar. 1 or Thur. Mar.

Confirmation Masses: May 30/31 and June 6/7

Saturday 5 pm and Sunday 9:00 am Masses

THANK YOU!!

Thanks to everyone who contributed to the success of our parish potluck lunch on January 25. The delicious array of food and engaging conversation with friends and acquaintances provided a welcome respite from the winter weather. Thank you also to our volunteers and to all those whose voluntary donations raised \$171.45 for our parish after expenses were paid.

**ST PAUL'S
RETURN of EDGE**

In a Galaxy, far, far, away...all Grades 5-8 have been called to join our EDGE Youth Ministry program for a new and exciting semester starting January 14th! New registrations are always welcome! We can't wait to see everyone return to the parish hall! Check out the website for an updated schedule of nights to come!



World Day for Consecrated Life – February 2

In 1997, Pope Saint John Paul II instituted a day of prayer for women and men in consecrated life. This celebration is attached to the Feast of the Presentation of the Lord on

February 2nd. This Feast is also known as Candlemas Day; the day on which candles are blessed symbolizing Christ who is the light of the world. So too, those in consecrated life are called to reflect the light of Jesus Christ to all peoples. The celebration of World Day for Consecrated Life is transferred to the following Sunday in order to highlight the gift of consecrated persons for the whole Church.

Blessing of the Throats – Feast of St. Blaise

February 3

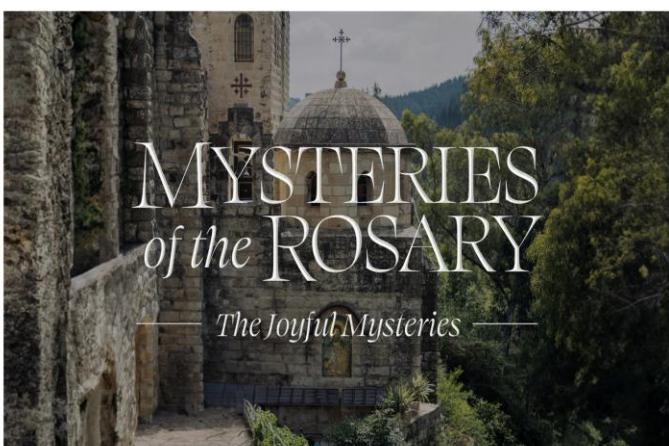
Through the intercession of Saint Blaise, bishop and martyr, may God deliver you from every disease of the throat and from every other illness:

In the name of the Father, and of the Son, + and of the Holy Spirit. Amen

◆ Be Activated ◆ Join the challenge to **Activate 200 Missionary Disciples** in this 200th year of the Archdiocese of Kingston. Live your faith courageously. Experience transformation. And lead people to Jesus. Our Lady of Divine Fire Mission is offering “ACTIVATE” free of charge. Journey together with a small group for 8 weeks from early March to the end of April, to pray together, to watch and discuss dynamic videos, to engage in practical exercises, and to encourage each other in growth. The weekly 2-hour sessions (in person or on zoom), will be booked according to participant preference and availability. Register by Fri. February 21 at: <https://ourladyofdivinefire.regfox.com/be-activated>.

ENVELOPE PACKAGES

for 2026 will be available for pickup in the gathering space this weekend. If you notice that your address is wrong or missing, or you do not have a package, please fill out your information on the sheet on the clipboard. Please put your name and address on envelopes for the first month in 2026. Do not use old envelopes if you have been assigned a new number. We have deleted numbers due to many are using the PAD Method .



Around the Diocese

Prison Ministry Opportunity – St Joseph Parish is exploring the potential for Dismas Information Evenings, offering fellowship, monthly gatherings that provide hope and community for those returning from prison. For more info: contact Mary Jo: religioused@archkingston.ca | 613-548-4461 ext. 115 www.dismasfellowshipnetwork.com

Retrouvaille: A Lifeline for Troubled Marriage

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)
- Toronto Community - Spanish weekend **Mar 20 to Mar 22 2026** (Mississauga)
Speak to Someone
437-234-5610
info@torontoretrouvaille.com

Billings Ovulation Method

Whether you're a couple hoping to postpone or achieve pregnancy naturally, or a mother wanting to help your daughter understand God's design for fertility, this method is for you. Billings Ovulation Method teaches a woman to understand her natural signs of fertility through all her changing life stages, including breastfeeding, peri-menopause, and even stressful times.

Email: kingston@naturalfamilyplanning.ca

Website: www.ontarionaturalfamilyplanning.ca



The Presentation

The Presentation is already foreshadowing the Cross. The offering Mary makes at the Presentation in the Temple becomes manifested and reaches its fulfillment at Calvary.

Our parish has a free Formed subscription for you! Simply scan the QR code or visit formed.org/signup to create your account and select our parish to get free access to this content and much more!

