

## FIFTH SUNDAY OF ORDINARY TIME

### MASS SCHEDULE

February 7 – February 15, 2026

**I am the light of the world says the Lord;  
whoever follows me will have the light of life.**

#### 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

#### Monday, February 9

10:00 a.m. For Jean Noel Gagnon

#### Tuesday, February 10 – St Scholastica

##### **9:30 – 9:50 am Confessions**

10:00 a.m. For Nathan Freeburn

5:15 p.m. For Gerald, Genevieve and Paul Whalen

#### Wednesday, February 11 World Day of the Sick

##### – Our Lady of Lourdes

10:00 a.m. For Cathy Kelleher

10:30 a.m. Prayers for Vocations

#### Thursday, February 12

10:00 a.m. For Lucksha Neeil

##### **4:30 – 4:50 pm Confessions**

5:15 p.m. For Loretta Sheridan.

#### Friday, February 13

10:00 a.m. For the Intention of Bernadette Veitch

#### Saturday, February 14

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

5:00 p.m. For Beverly D'Amour

#### Sunday, February 15

9:00 a.m. For the People

11:00 a.m. For Helen O'Neill

*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

**LUCKSHA NEEIL, FR. STAN ALANEN**

### 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, Baby Ryatt Drew

*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

In the ancient world, salt was a precious commodity. It gave flavour and zest to food; it served as an important preservative; it also made people thirst for something more. Jesus wanted his disciples to give flavour and zest to the world through his teaching, to preserve the truth as he proclaimed it to the world, and to make the world thirst for God. Disciples are those who can season what is tasteless and preserve what could deteriorate. Disciples of Jesus are those who have that fire within: to set things on fire around us, to keep the light burning brightly and to bring a zest to life. If we do this as his disciples, we, too, will also be the “light of the world.” Jesus reveals himself as one who gave flavour, zest, life, and light to those around him. This presence in the world is so very different from the presence of great people who receive attention and adulation of others, the salt that we are and the light that we radiate are also only from Jesus Himself, but must not draw undue attention to ourselves. When we reflect the glory of God, the strength is incredible! When we show forth our own strength, it is nothing. At some level, we all know that, but we are still tempted to put ourselves first rather than God.

*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 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**



### BREAKFAST AND FAITH SHARING FOR MEN, FEBRUARY 21

St Paul's Knights of Columbus invite all parish men (18 and older) to come to the parish hall for breakfast, conversation, and faith sharing from 8:30 to 10 am on Saturday, February 21. Program will include: a video on the Gospel of Matthew by Dr Scott Hahn followed by a discussion led by our Lecturer, Brother Michael Mombourquette; and a reflection on how to become a virtuous Catholic man and Knight by our Faith Director, Brother Howard Gallivan. If you are looking for ways to become a better Catholic man, husband and father, why not share and develop your faith with like-minded men of the parish. For more information, call Shaun, 613.634.4229.

If you have old palms that you would like to dispose of,  
please bring them to the office/sacristy  
before Ash Wednesday.  
ASH WEDNESDAY,  
February 18, 2026  
Mass Times at St Paul's  
9:00 a.m. 5:30 p.m. and 7:00 p.m.



◆ Be Activated ◆ Join the challenge to **Activate 200 Missionary Disciples** in this 200<sup>th</sup> 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.



### CWL GENERAL MEETING

All CWL members are encouraged to wear your red or pink and attend our meeting on Saturday, February 14 at 9:30 a.m. New members always welcome!

### PRAYER FOR THE WORLD DAY OF THE SICK

Loving God, rock of strength for those who trust in you; comforter of those who call on you. Hear the cry of those who suffer from sickness or weakness, and embrace them in your loving arms. Give them peace, and strengthen them with the vision of your kingdom. We make this prayer through Jesus Christ our Lord. Amen. Canadian Conference of Catholic Bishops

# 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](mailto:religioused@archkingston.ca) | 613-548-4461 ext. 115 [www.dismasfellowshipnetwork.com](http://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](mailto: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](mailto:kingston@naturalfamilyplanning.ca)

Website: [www.ontarionaturalfamilyplanning.ca](http://www.ontarionaturalfamilyplanning.ca)

### Your Ordinary Life: A Path To Holiness

Come, sit and reflect on God's presence in your life. Evenings of Recollection are open to anyone interested and are facilitated by members of Opus Dei ([opusdei.ca](http://opusdei.ca)).

**For Women** - Tues. Feb. 17 from 7-9pm at St. Joseph's

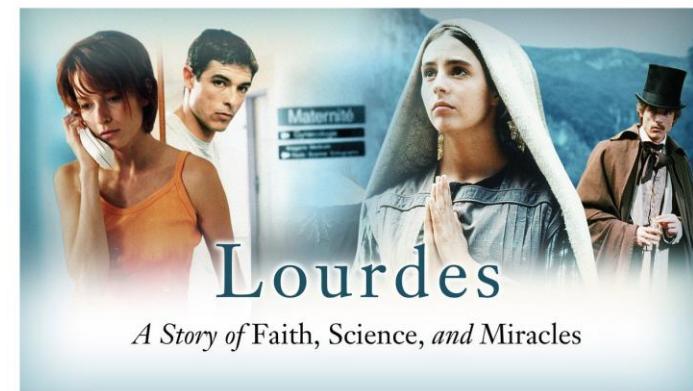
**For Men** - Wed. Feb. 18 from 7-9 at Holy Family

Arrive and leave when you want. For more info call 613-549-7421.



### Lourdes: Story of Faith, Science,

The film follows a journalist, his ancestor who met Bernadette at Lourdes, and the story of a woman healed by Lourdes' waters, tracing three lives.



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