February 1st, 2026: 4th Sunday in Ordinary Time

Background on the Gospel Reading

Today's reading is the beginning of Jesus' Sermon on the Mount, which is found in Matthew's Gospel. The form of the Beatitudes found here is not unique to Jesus. Beatitudes are found in the Old Testament, in the psalms, and in wisdom literature, for example. They are a way to teach about who will find favor with God.

We quickly note in this reading that the people whom Jesus calls "blessed" and "happy" are not people we think of as blessed or happy . . . the poor in spirit, the meek, the persecuted. This Gospel is one of reversals. Jesus' blueprint for happiness reflects little of what the world might call happiness.

"Blessed" is sometimes translated as happy, fortunate, or favored. In other words, Jesus is saying that divine favor is upon those who are poor, those who mourn, those who are persecuted. This news might have been welcome—and surprising—to the crowds who heard Jesus that day.

The Beatitudes can be understood as a framework for Christian living. Our vocation as Christians is not to be first in this world, but rather to be first in the eyes of God. By referring to the good things that the faithful will experience, Matthew reminds us that those who act in the manner described in the Beatitudes will find their reward with God.

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FATHERS INTENTION FOR FEBRUARY:

For children with incurable diseases

Let us pray that children suffering from incurable diseases and their families receive the necessary medical care and support, never losing strength and hope.

February 1st, 2026

4th Sunday in Ordinary Time

Sacred Heart Parish

A Stewardship Parish in Union with Christ

Parish Information

Pastor: **Fr. Lee Lainey**
Office Administrator: **Roseann Janes**
Office Hours: **Monday to Friday 9:00 am - 1:00 pm**

465 Curling Street
Corner Brook, NL, A2H 3K8
Tel: (709) 785-5025
curlingparish@hotmail.com

www.sacredheartrcparish.ca

e-transfers:
sacredheartrcparish@hotmail.com
Password "Church"
Note: include your envelope #
Pre-authorized debit can be arranged with your own bank – call us for our banking info.

Diocesan website: rcchurch.com

Weekend Masses: Saturday 4:30 pm, Sunday 11 am.

Weekday Mass: Tuesday to Friday 10:00a.m.

BAD WEATHER – please call the office to verify if mass is cancelled & office closed.

Lohnes Complex*	First Friday of each month at 2pm.
Bible Study:	To be determined at a later date.
Holy Hour of Adoration:	Postponed until further notice.
Reconciliation:	***Before Mass or by request.***
Marriages:	Six months' notice required. A year's notice is recommended.
Baptisms:	Please call the Parish Office to schedule preparation session.
Family Connections:	At www.rcchurch.com you will find a link to family connections.
St. Vincent de Paul:	To assist those in need. Call 709-638-9010.

RECEIVED WITH THANKS
Jan. 24 & 25, 2026

Regular Sunday	1090.00
Loose Offering	105.00
Parish Dues	40.00
Envelope Cost Contributions	35.00
Building Fund	30.00
Votive Candles	15.00
Sunday Missals	10.00
Mass Stipends & In Memoriam	90.00
Baptism Fees	150.00

MASS INTENTIONS
February 3 – 8, 2026

Feb. 3 – Tues.	The Late Marie Hutchings *Special Intentions:* Josephine Perrett
Feb. 4 – Wed.	The Late Mary Mullins
Feb. 5 – Thurs.	The Late Percy Joyce
Feb. 6 – Fri.	Lohnes Complex – 2pm
Feb. 7 – Sat.	The Late Vincent Cave
Feb. 8 – Sun.	The Late Percy Joyce The Late Myles Griffin

LITURGICAL MINISTERS

Feb 7 – Saturday	
Reader	**Eucharistic Minister**
Jacqueline Neville	Donna Mitchell
Feb. 8 – Sunday	
Reader	**Eucharistic Minister**
Sherri Lynn Brake	Bernadette Stone
Communion to the Sick: Tony Griffin	

SSVP – POOR BOX COLLECTION:
This past weekend (January 24-25) a total of $459.00 was collected. We thank everyone for your continued support.

KNIGHTS OF COLUMBUS COUNCIL 2581:
The Knights will be holding it's regular monthly **meeting** on **Tuesday February 3**, starting at 7:45pm in the basement of All Hallows Church. We ask all member to try to attend.

WORLD DAY OF THE SICK:
This year is the **34th World day of the Sick** which will be celebrated on **Tuesday, February 11, 2026.** This year's theme is **"The compassion of the Samaritan: loving by bearing another's pain".**
You can find resources for this day at: https://www.cccb.ca/media-release/pope-leos-message-for-the-34th-world-day-of-the-sick-11-february-2026/

DEVELOPMENT & PEACE WORKSHOP:
Share Lent Workshop, for "On Track for Justice" is Open to members of DPCC and anyone interested in social justice.
Program Officers for Latin America; Anne Catherine Kennedy and Normand Comte, will share their insights.
Saturday, February 7, 2026, from **9:30 a.m. – 11:30 a.m.** In person at Our Lady Queen of Families Parish, Ashford Drive, Mount Pearl or **Virtually** via Zoom: https://bit.ly/Sharelentnl

To register or for information contact Patricia Walsh Warren, Regional Animator for Newfoundland and Labrador at pwalsh@devp.org 1 800 494-1401, ext. 234
We look forward to your participation as we continue the journey toward justice and solidarity.

SACRED HEART LADIES GROUP MEETING:
The Ladies Group will have their regular monthly meeting on **Tuesday, February 3rd** at **3:30 PM** in the church meeting room. New members are welcome to attend.

SACRED HEART BINGO DONATIONS:
The Sacred Heart Ladies Group would like to thank the following for their donation towards our January Bingo:
Stella Anthony, Debbie Allen, Linda Basha, Arlene Beales, Donna Beales, Evelyn Beales, Glenda Beales, Loretta Bennett, Sharon Bennett, Dorothy Brake, Edward Brake Judy Brake, Eileen Buckle, Karen Buckle, Sandy Buckle, Nora Burton, Jeannie Brown, Cathy Bolt, Hilda Butt, Joan Butt, Ester Byrne, Joe Byrne, Roberts Canning, Linda Cashin, Marina Cashin, Lynn Coombs, Gertrude Daye, Amelia Dicks, Jerome Dicks, Joe Hayes, John Hayes, Barbara Ann Dunphy, Linda Greene, Marie Pennell and Veronica Stone.

Any names omitted, please call Madonna English or Pat Jones,

Also please note any parishioners donating to our monthly bingo, you can put your donation into the collection marked BINGO AND YOUR NAME, Thank you.

ASH WEDNESDAY MASS:
February 18th, 2026 is Ash Wednesday, mass will be held at **7pm at Sacred Heart Parish** and at **4:30pm at Our Lady Star of the Sea**. There will be no morning mass at Sacred Heart Parish.

IN MEMORY OF:
The Late Mary Mullins from: Patsy Payne

NOVENA TO OUR LADY OF LOURDES:
Will be from: **February 2 - 10 at 7pm.** At **All Hallows Church**, 109 Humber Road
Or **Virtually** on **Facebook** at **All Hallows Parish Corner Brook**

In this 9-day prayer devotion we focus on Mary as "Healer of the Sick" and pray for physical, emotional and spiritual healing.

The novena will culminate with a **Mass of Healing** on **February 11** at the **Holy Redeemer Cathedral at 9:30am.**

REFLECTIONS: ***The beatitudes***

The beatitudes are the badges
of a true disciple of Christ.
They are the marks of a child of God.
They make us rich in the sight of God.
They open our minds and hearts
to a new way of seeing and judging.
They give us a whole new set of bearings.

The things the beatitudes stand for
are very beautiful and very precious –
things such as peace, goodness, joy, love,
gentleness, compassion, mercy, integrity...

A person who lives according to the
beatitudes is already living in the kingdom
of heaven.
Eternal life will merely be
the full blossoming of a plant
that is green with life.

Flor McCarthy, New Sunday and Holy Day Liturgies – Year A, Dominican Publications, Dublin (Ireland), 1999, p.180