

MASS SCHEDULE - Sacred Heart

Sat., Feb 7	Vigil of the 5th Sunday in OT
SH 5:30 PM	For all Parishioners.
Sun Feb 8	The 5th Sunday in Ordinary Time
SH 9:00AM	For Andrija From Parents.
12:00PM Latin	No Intention
Mon, Feb 9	Mass at St. John the B. 8:00 AM
Tues, Feb 10	St. Scholastica, Virgin
SH 8:00AM	Int of Jason,Meg & Family
	From Ironside Family.
Wed, Feb 11	Mass at St. John the B. 8:00 AM
Thu., Feb 12	Ferial Weekday
SH 8:00AM	+Angela & Hallam Welch, Shirley
	Boos & their parents From Ironside
	family.
Fri, Feb 13	Ferial Weekday
SH 8:00AM	+Fr Marek Ygnazewski
	From Maria Raposo.
Sat, Feb 14	Vigil of the 6th Sunday in OT
SH 5:30PM	For all Parishioners.
Sun, Feb 15	The 6th Sunday in Ordinary Time
SH 9:00PM	+Roxy & Arleigh
	From Cathrine & Gerry Glover.
12:00PM Latin	No Intention

Weekend of February 1		
Mass	Attendance	Contributions
5:30pm Saturday & 9:00am Sunday	- 94	\$ 1749.00
12:00pmSunday- (Latin ) Jan 25	-	\$ 803.25
Online donations:		\$ 224.00
Total	94	\$ 2776.25
Special donation: Fuel and Maintenance \$175		
Thank you for your generosity and support!		

PASTOR’S MESSAGE

Dear parishioners,  
This weekend we continue meditating on the **Sermon on the Mount**. This time Jesus – as it is usual in Him – takes two images from nature, SALT and LIGHT, and He relates the function of these two substances to THE OFFICE OF THE APOSTLES.  
I- **“YOU ARE THE SALT OF THE EARTH”** Salt was always used for 2 things: 1) preserving meats from decay, so that they don’t get rotten (there were not refrigerators) and 2) as a seasoning, to give taste to food. And so the Apostles are called the salt of the earth because: 2- through their preaching and call to faith, they ‘give

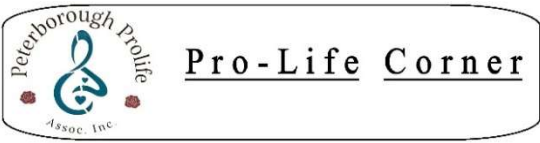
meaning (seasoning) to our lives’ by reminding us of the life to come. 1- by living according to their teaching, they preserve us from corruption and the future wrath, and lead us to everlasting life. **“But if the salt has lost its savor, with what shall it be salted?”** If you, who are called to season others through faith, lose your own faith, how can you be seasoned again? It represents those ministers who either pursue temporal goods or fear the lack of them and lose the eternal. **“It is thenceforth good for nothing, but to be cast out and trodden underfoot by men”** Salt is used for seasoning food and preserving meat and has no further use once it loses these qualities. Indeed, the Scripture tells us that conquered cities were sometimes sown with salt by the victors, so that nothing would grow there afterward.  
II- **“YOU ARE THE LIGHT OF THE WORLD”** This light is God’s sanctifying grace-a participation in His divine nature-. This grace is first received in our Baptism, then through the sacraments and faith. This grace is conferred to us through the ministry of the Apostles.  
a) **“A CITY set on a mountain cannot be hidden”** The mountain is the Lord Himself. The city is the Heavenly Jerusalem, of which the Book of Revelation says that it is founded on the Apostles. b) **“Nor do they light A LAMP and then put it under a bushel basket; it is set on a lampstand, where it gives light to all in the house”** In the illustration of the city, Jesus emphasizes the power of the mountain, signifying His power. Now, by the lamp, He emphasizes our part, our cooperation. **“Nor do They”** They in plural refers to the Most Holy Trinity; **“light”** is sanctifying grace; **“a lamp”** are those who hold the light: the Apostles and those who are in ‘the state of grace’; **“bushel basket”** is a measure for grain. It denotes the things of the body and symbolizes the Old Law.We don’t put the New Law of Grace under the measure of the Old Law **“new wine, new wineskins”**; **“the lampstand”** symbolizes the Church; **“all in the house”** represents the whole world, believers and non believers.  
Let us ask our Blessed Mother that we may be salt of the earth and ligh of the world.Fr.  
Gaston Giacinti, IVE

WEEKLY NEWS

**Friday Adoration at Sacred Heart**  
Every Friday there is adoration of the Blessed Sacrament at Sacred Heart in reparation for the offences made to the Sacred Heart



of Jesus from 1:30 to 6:30PM and confessions from 5:00 to 6:30PM.  
**Altar Boy Group at Sacred Heart**  
We will meet 1st and 3rd Fridays of the month from 6:00pm to 8:00pm.  
**Catholic Missionary Children Oratory**  
All children ages 7 to 10 are invited on Saturdays to join the CMC at St. John the Baptist church at 10 am. For info text Sr. Inmaculada 705 977 6410 or stjohndsacredheart@gmail.com  
**Rosary Group** Please join the Rosary group which meets every Thursday at 1:30 to pray the rosary for the needs of the Universal Church.  
**Ash Wednesday Mass schedule-February 18**  
8:00 am Mass at St. John the Baptist  
9:30 am School Mass at St. John the Baptist  
5:00 pm Mass at Sacred Heart  
7:00 pm Traditional Latin Mass at Sacred Heart  
**The Way of the Cross (The Stations of the Cross)**  
The way of the Cross will be guided every Friday during Lent, at Sacred Heart at 6:30 PM, or if First Friday after the 6:30PM Mass.  
**Shrove Tuesday-** Shove Tuesday dinner on Feb 17 starting at 4pm until 6p.m, pay at the door. This is an all you can eat for \$10 with a donation for any youth attending. Menu includes Pancakes, Sausage, Beans, Fruit Cocktail and Apple Sauce.  
**Renewal of Wedding Vows**  
As Valentine’s Day is coming up, all couples are invited to renew their wedding vows on Sat. Feb. 14th or Sun Feb 15th, at their respective Mass times.  
**Pasta Dinner**  
The Peterborough District Italian Club will be hosting a Pasta Dinner following Mass on Saturday, February 21. Cost is free for members and \$15 per person or \$30 per family of 4 with children. Pleases RSVP to Joe Farace at 705-927-0993  
**Volunteers**  
Volunteers in any capacity must be screened through the Diocese Volunteer screening Program, so if you are a volunteer at either Sacred Heart or St Johns and have not been contacted yet for the screening, please reach out to Nithya Rozario @ 416 - 558 - 2562/ nithyavathi@gmail.com at the earliest or Ann Kennedy +1705-742- 8534.



Dear parishioners, you are invited to a “Pro-Life Hospital Walk” from 10:00–11:00 a.m. on the first and third Saturdays of each month. Please join us in witnessing our faith and bring a friend!  
**DIOCESAN & OTHER NEWS**  
**END OF LIFE SEMINAR—FINAL PLANS:**  
Presentations at Immaculate Conception Church, 386 Rogers Street, Peterborough. Discussions about how each person can finalize the details needed to ensure they are cared for, their wishes are respected, and their faith in the resurrection revealed. The priests of the City Deanery invite everyone to attend for these very important informational talks.  
• **Feb. 11th** – Sean Dunlop, Diocese of Peterborough Diaconate program on Estate Planning and Finance These presentations will be held from 7:00 to 8:00 p.m., with light refreshments being at the back of the church, at 6:45 p.m. Admission is free.  
**34th World Day of the Sick-** On 20 January 2026, the Vatican released Pope Leo XIV’s message for the 34th World Day of the Sick, which will be celebrated on Tuesday, 11 February 2026. This year’s theme is “The compassion of the Samaritan: loving by bearing another’s pain”.  
**St. Paul's Annual Valentine's Italian Night & Karaoke**  
Valentine's Italian Night & Karaoke at St. Paul the Apostle in Lakefield! Enjoy a delicious spaghetti dinner Friday, February 13th. Doors open at 5:30pm; dinner served at 6pm. Location: 4 Reid Street, Lakefield. Adults: \$20. Youth: \$10. Children (0-10): FREE.  
**35th LIFT JESUS HIGHER RALLY-**March 14<sup>th</sup> 9:00am- 5:30pm @Metro Toronto Convention Center for details, visit <https://ljhr.ca/>  
**GOSPEL** Matthew 5:13-16 of Sun Feb 8,2026  
Jesus said to his disciples: “You are the salt of the earth; but if salt has lost its taste, how can its saltiness be restored? It is no longer good for anything, but is thrown out and trampled under foot.  
“You are the light of the world. A city built on a hill cannot be hidden. No one after lighting a lamp puts it under the bushel basket, but on the lampstand, and it gives light to all in the house. In the same way, let your light shine before human beings, so that they may see your good works and give glory to your Father in heaven.”