



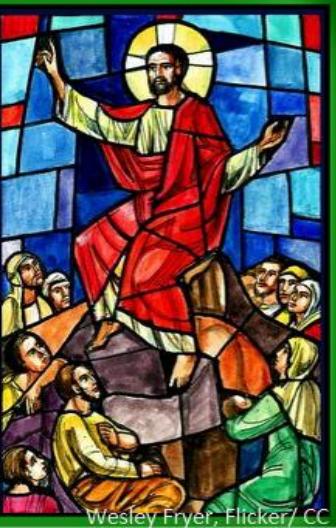
ST. ANTHONY OF PADUA CATHOLIC CHURCH

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The 4th Sunday in Ordinary Time

February 1, 2026

**Blessed
are the
poor
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Heaven**



Wesley Fryer, Flickr/ CC

February 1 - 4th Sunday in Ordinary Time

“Blessed are the poor in spirit, for theirs is the kingdom of heaven.” Matthew 5:3

The phrase “poor in spirit” can be confusing. Think of it in this sense – poor in spirit means depending on God’s providence and not depending on our own self-reliance. Being detached from earthly things (power, money, and comfort) and being attached to heavenly things (charity, sacrifice, and mercy). Denying ourselves from satisfying our desires and helping others obtain their basic needs.

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LAST SUNDAY'S COLLECTIONS

Envelopes	1705.00
Loose	383.00
Other	
TOTAL	2088.00

PRAYER REQUESTS

**Please pray for those who are ill,
or housebound, in our Parish
Family:**

Barry Bembridge, Baby Anthony Vu, Joanna Black, Stella Hildebrandt, Clayton Jimmie, Metro Huculak, Marguerite Rocheleau, Leo Vantol

**Please pray for the most recently
deceased:** Rudy Leon, Kendra Julien, Anieta Kienzle

Mission Statement

We, the Catholic community of St. Anthony of Padua, relying on the wisdom and grace of God, unite ourselves to the call for renewal and transformation of our spiritual, social, and economic life.

SAT	January 31	5 pm	+Joseph & Rosemary Fischer
SUN	February 1	10:30 AM	+Clyne, Claire, Cristine Ridgers
		1:00 PM	+Melvin Joseph Sarthou
MON	February 2	9 AM	+Josephine Waren
TUE	February 3	7 pm	+Callie Blackmore
WED	February 4	9 AM	Canceled
THU	February 5	9 AM	+Fred Neilson
FRI	February 6	9 AM	+Danilo Juan
SAT	February 7	5 pm	+Marie Plouffe McCulloch

THIS WEEK AT ST. ANTHONY'S

PREP

Thursday at 3:30 pm

RCIA

Thursday at 6 pm

Monday: February 2

Presentation of the Lord & **Blessing of Candles** (Candlemas), celebrated on February 2, marks the moment when Mary and Joseph brought the infant Jesus to the Temple in Jerusalem, forty days after His birth, in accordance with Jewish law. There, Simeon and Anna recognized Him as the *“light for revelation to the nations”* (Luke 2:32).

Because of this imagery of light, the Church developed the tradition of the Blessing of Candles on this day — giving the feast its popular name, Candlemas. Candles symbolize Christ as the Light of the World, and the faithful often bring candles from home to be blessed for use throughout the

year, especially during prayer, storms, or times of illness.

Please bring your candles for blessing prior to this date. Remember to include your name(s) so that you can pick them up after the blessing is concluded.

Tuesday: February 3

As Catholics, practices that others might find unusual are second nature to us—and sometimes even taken for granted. We venerate relics, pray with beads, process through the streets with floats, and turn to St Anthony when something is lost.

In the same way, we celebrate the 3 February feast of St Blaise with a unique and beautiful tradition—the **blessing of throats**.

St Blaise was a 3rd-century Armenian bishop known for his deep faith, fervent love for God and his people, and a reputation for working miracles even during his lifetime. His unwavering witness to Christianity made him a target of persecution by the Romans in Cappadocia, where he was living. When his arrest was ordered, St Blaise fled to the wilderness, continuing his mission in service to God despite the challenges he faced.

St Blaise is renowned for his miraculous healing powers, particularly concerning throat ailments. According to legend, a boy suffering from a fishbone lodged in his throat—or another severe throat malady—was brought to St Blaise as a last resort. The boy was on the brink of death, with no hope of recovery. Saint Blaise prayed over him, blessed him, and miraculously, the boy was healed. This established St Blaise as the patron saint for those afflicted with throat injuries and diseases. It is from this miraculous act of healing that the Catholic Church commemorates his feast day and has the blessing of throats on the Feast of St Blaise.

Anointing of the Sick



There will be anointing of the Sick on the Weekend of February 7 and 8 at all Masses.

Anniversary Vows Renewal

If you will be celebrating a milestone anniversary of your marriage this year (ie..5, 10, 15, 20, 25.....or even greater) Please contact Sister Olive as soon as possible.

You will be given an opportunity to renew our marriage vows during the Masses on the weekend of **February 15 at 10:30 am.**



Unique Call of Women in the Church Fiat Young Adult Catholic Women's Group

Join the Religious Sisters of the Archdiocese of Vancouver as we dive into the unique contributions of women saints in a four-part series. The next presentation focuses on St. Joan of Arc, with discussion, reflection, and a themed dessert to follow.

All Catholic women ages 18-35 discerning God's will in their lives are welcome! On Friday, January 23, 6:00 p.m. to 8:30 p.m. at the Franciscan Sisters of the Eucharist convent (2811 Venable St. Vancouver). Register at beholdvancouver.org/events.

National Catholic Health Care Week

From February 1 to 7, 2026 we mark National Catholic Health Care Week across Canada. Inspired by Catholic social teaching, this year's theme Open Hearts, Healing, Hope reflects the profound belief that healing is communal. We are grateful for our Catholic health ministries as partners in the healing ministry of Jesus, fostering trust, promoting justice and respecting the dignity of every human person—body, mind and soul. Pray with us during the Week with special daily reflections and prayers. Learn more and find resources at beholdvancouver.org/events

Lent begins on February 18th!!!

Remember to bring your blessed palm branches from last year and previous years for burning. These will be burned and used on Ash Wednesday. There is a basket for you to place them in the Gathering Area of the church



Next Sunday

Food Bank Sunday in our Parish





Our Parish will implement Eucharistic Adoration on the First Friday of each Month beginning February 6th.

Adoration will begin immediately following the conclusion of the First Friday, 9 am Mass in the Shrine at 10 am, and will conclude with Benediction at 3 pm.

Are you willing to commit an hour to spend in adoration of our Lord once per month?

There is a signup sheet in the Gathering Area of the church for you to indicate the time(s) that you are willing to commit to this.

“Jesus, I love you and thank you for your most generous love. Thank you for sending your Spirit into my heart revealing to me that which I needed to hear. Thank you for the grace to come to you in prayer and for giving me the strength to do what is right and just. Amen.”

“Nowhere on earth are we more welcomed or loved than by Jesus in Eucharist. When you look at the crucifix, you understand how much Jesus loved you. When you look at the Sacred Host you understand how much Jesus loves you now.”

“Jesus has made Himself the Bread of Life to give us life. Night and day, He is there. If you really want to grow in love, come back to the Eucharist, come back to that Adoration.”

Knights of Columbus Parish Pancake Breakfast



**Sunday, February 15th
after the
10:30 am Mass**

Please come and enjoy homemade pancakes with all the fixin's!

There will be a 50/50...so bring cash!

**Price: \$10 per person or by donation
6 & under are free!**

