



**SACRED HEART
CATHOLIC CHURCH**
Seymour, Texas

**SACRED HEART
PASTORAL CENTER
206 N. CEDAR ST.
SEYMOUR, TX 76380-2102
OFFICE (940) 889-5252 FAX (940) 889-2136**



**ST. MARY OF THE ASSUMPTION
CATHOLIC CURCH**
Megargel, Texas

FOURTH SUNDAY IN ORDINARY TIME – FEBRUARY 01, 2026

FR. BOSE JUJUVARAPU
Pastor
940-655-8037

DEACON JIM NOVAK
940-733-3784

SACRAMENT OF RECONCILIATION: (Reconciliation Room)
Wednesday's 6:30 -7:15 p.m. Saturday 4 – 4:45 p.m. or by appointment

PARISH LITURGY SCHEDULE:

MASS SCHEDULE AND INTENTIONS FOR THIS WEEK: (February 02 - 08)

Monday:	12:10 PM	NO MASS
Tuesday:		No Service
Wednesday:	5:30 PM	Rosary
Thursday:	12:10 PM	+Arvin & Rosalie Peters by Melvin & Shirlee Motl
Friday:	12:10 PM	NO MASS
Saturday:	8:00 AM	NO MASS
	5:00 PM	Special Intentions for Cindy Hostas & Family by Carol Vacker
Sunday:	8:00 AM	+Rosetta Cuba by Carol Vacker (St. Mary)
	10:00 AM	+Phyllis Howard by Debbie Knezek

PRAYER AND BIBLE STUDY FOR THE WEEKDAY MASSES: (February 02 - 07)

Mon.: Malachi 3:1-4 Hebrews 2:14-18 Mark 3:22-30
 Tues.: 2 Samuel 18:9-10, 14b, 24-25a, 30—19:3 Mark 5:21-43
 Wed.: 2 Samuel 24:2-9, 9-17 Mark 6:1-6
 Thurs.: 1 Kings 2:1-4, 10-12 Mark 6:7-13
 Fri.: Sirach 47:2-11 Mark 6:14-29
 Sat.: 1 Kings 3:4-13 Mark 6:30-34

FIFTH SUNDAY IN ORDINARY TIME: (February 08)

Please prepare for worship by prayerfully reading the Scriptures for next weekend Masses:

First Reading: Isaiah 58:7-10
 Second Reading: 1 Corinthians 2:1-5
 Holy Gospel: Matthew 5:13-16

Sunday, February 01: Blessing of Throats at all Masses

7:30 AM, St. Mary of the Assumption/Rosary followed by 8:00 AM Mass
 9:40 AM, Sacred Heart/Rosary followed by 10:00 AM Mass
 All Weekend Liturgies: Fourth Sunday of Ordinary Time
 All Weekend Liturgies: Presider for Mass – Fr. Brett Metzler

Monday, February 02: No Daily Mass

Wednesday, February 04:

5:30 PM, Sacred Heart/Rosary/Holy Hour Adoration/Benediction concluding at 7:15 PM
 6:00 PM, Mosler Hall/Meal for all children/youth in Religious Education, Youth Discipleship, OCIC and all parish ministries
 6:30 PM, Pastoral Center/Faith Formation sessions for all grades until 7:15 p.m. or completion

Thursday, February 05: 12:10 PM, Sacred Heart/Daily Mass

Friday, February 06: No Daily Mass

Saturday, February 07: Cross Catholic Outreach (2nd Collection/Catholic Charities of Fort Worth) (Souper Bowl of Caring) (No 8 AM Morning Mass)

4:45 PM, Sacred Heart/Holy Rosary followed by 5:00 PM Vigil Mass

Sunday, February 08: Cross Catholic Outreach (2nd Collection/Catholic Charities of Fort Worth) (Souper Bowl of Caring)

7:30 AM, St. Mary of the Assumption/Rosary followed by 8:00 AM Mass
 9:40 AM, Sacred Heart/Rosary followed by 10:00 AM Mass

All Weekend Liturgies: Fifth Sunday of Ordinary Time

All Weekend Liturgies: Presider for Mass – Fr. Adam James Martin Nobles, OP

Please sign-up for Flock Notes and also follow us on our Facebook or our website: <https://sacredheartseymour.org/>

For bulletins: go online to <https://sacredheartseymour.org/bulletins>. All past and present bulletins are posted.

+++++

FOURTH SUNDAY IN ORDINARY TIME: MATTHEW 5:1-12

When Jesus saw the crowds, he went up the mountain, and after he had sat down, his disciples came to him. He began to teach them, saying:

"Blessed are the poor in spirit,

for theirs is the kingdom of heaven.

Blessed are they who mourn,

for they will be comforted.

Blessed are the meek,

for they will inherit the land.

Blessed are they who hunger and thirst for righteousness,

for they will be satisfied.

Blessed are the merciful,

for they will be shown mercy.

Blessed are the clean of heart,

for they will see God.

Blessed are the peacemakers,

for they will be called children of God.

Blessed are they who are persecuted for the sake of righteousness,

for theirs is the kingdom of heaven.

Blessed are you when they insult you and persecute you and utter every kind of evil against you falsely because of me.

Rejoice and be glad, for your reward will be great in heaven."

ADULTS: Do you believe everyone is welcome in the reign of God? Why or why not?

CHILDREN: Who is welcome in the reign of God? Who would you like to tell about the reign of God?

SOUPER BOWL OF CARING- 36 YEARS: – Next Weekend – February 07/08



In 1990, Souper Bowl of Caring began with a simple prayer from a single youth group: "Lord, even as we enjoy the Super Bowl football game, help us be mindful of those without a bowl of soup to eat." Since then, over \$220 million has been generated for local charities across the country through Souper Bowl of Caring. It has become a powerful movement that transforms the time around the Big Game into the nation's largest celebration of giving and caring for those in need. Through this mission, people learn they can make a positive difference in the world as they collect food, raise money and serve at hunger-relief charities and show caring and compassion in local communities across the country. Share in God's love for our neighbors in need and give generously on Souper Bowl Sunday. **There will be a basket to deposit canned soups, and our youth will be at the doors after all Masses collecting \$1 or more. All the donations collected will go directly to our Souper Bowl of Caring Charity of Choice – Seymour Helping Hands.**

those in need. Through this mission, people learn they can make a positive difference in the world as they collect food, raise money and serve at hunger-relief charities and show caring and compassion in local communities across the country. Share in God's love for our neighbors in need and give generously on Souper Bowl Sunday. **There will be a basket to deposit canned soups, and our youth will be at the doors after all Masses collecting \$1 or more. All the donations collected will go directly to our Souper Bowl of Caring Charity of Choice – Seymour Helping Hands.**

ANNUAL DIOCESAN APPEAL – 2025/2026:

Thank you to everyone who responded generously to the Annual Diocesan Appeal. Your gift makes a difference to the people whom we will accompany in our shared journey of faith, hope and charity as one Church united in Christ.

Sacred Heart parish has pledged **\$17,595.43** from **42 families**. We are counting on every family to make a commitment in order to reach our **parish goal of \$22,100**. Please complete and return the commitment form that was mailed to you or donate online at <https://bit.ly/DiocesanAppeal> (case sensitive). **Thanks St. Mary for reaching your Goal of \$3,400!** Thank you to all who responded so generously to the Annual Diocesan Appeal. Each year the success of this Appeal depends on you. Our parish family has **pledged \$3,500 from 10 families**.

STEWARDSHIP REFLECTIONS: 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 earthy 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.

'Vocation Seeds': Fourth Sunday in Ordinary Time – "Blessed are you when people revile you and persecute you and utter all kinds of evil against you falsely on my account. Rejoice and be glad, for your reward is great in heaven..." Do not be discouraged by jeers when considering being a priest, deacon, brother or sister. If God is calling you, contact Fr. Brett Metzler, Director of Vocations, Diocese of Fort Worth at 817-945-9321.

Email : vocations@fwdioc.org Website: <https://fwdioc.org/vocations>

FAITH FORMATION:

Faith Formation classes are this Wednesdays with **Rosary** at 5:30 PM, meal at 6 PM and sessions from 6: 30 – 7:15 PM. Security will be on duty until 7:30 PM. All willing help will be greatly appreciated throughout our Faith Formation year. Thanks!

CHANGE FOR LIFE! Sunday, January 18 – February 15:

Notice there is an oversized baby bottle bank in the foyer starting this weekend and will remain there until Feb. 15. Please put in your spare change, bills or checks (made out to Pregnancy Care Center) to help support the Haskell Pregnancy Care Center. The Center ministers to our area with pregnancy tests, sonograms, adoption information, parenting classes, essential baby supplies and many more life-supporting resources. Each and every service received is free of charge. Your change can change someone's life. And please continue to pray for an end to abortion.

BAPTIZED INTO THE LIFE OF CHRIST

Let us pray for Faith Ileana Munoz who became a co-heir with Christ and members of his Church through the celebration of baptism on Friday, January 23 at Sacred Heart. May God bless her, her parents and godparents as they grow into the fullness of the Christian life!

CATHOLIC CHARITIES OF FORT WORTH – Feb. 07/08

Join us in supporting Catholic Charities through a special collection that helps form hearts and minds in the spirit of Catholic Social Teaching. By caring for others and responding to the needs of the poor and vulnerable, each act of generosity becomes a powerful expression of faith in action. Catholic Charities **RELENTLESSLY** ends poverty through holistic, evidence-based solutions. Founded in 1910, they serve tens of thousands of people in North Texas, and across the nation, each year. As the service arm of the Diocese of Fort Worth, Catholic Charities embody Christ's call to serve the most vulnerable and to affirm their right to a life of dignity and fulfillment. **Answer the call to serve those in need.** There are 1 million Catholics in the Diocese of Fort Worth. Can you imagine what we would be able to do if each of us gave \$1? Please prayerfully consider giving during all Masses **next weekend** or donate online at <https://bit.ly/DioceseSpecialCollections>. Select Catholic Charities FW from the "Designations" dropdown menu.

FR. BOSE VISITING FAMILY IN INDIA:

Please keep Fr. Bose in your prayers while he spends time with his family in India. He will return February 13.

OUR PARISH STEWARDSHIP: January 25, 2026

SACRED HEART:

Amount in Checks/Envelopes & Loose: Regular- \$ 1,845.00
Youth: \$ 100.00 Special: \$ 0 Holy Day: \$ 0
TOTAL: \$ 1,945.00

Envelope Use: 16 Regular; 1 Youth; 0 Special; 0 Holy Day

ST. MARY:

Amount in Checks/Envelopes & Loose: Regular- \$ 50.00
Youth: \$ 0 Special: \$ 0 Holy Day: \$ 0
TOTAL: \$ 50.00

Envelope Use: 1 Regular; 0 Youth; 0 Special; 0 Holy Day

Attendance: Sacred Heart – Sat. 46 & Sun. 23 St. Mary –0

SEVEN DAY LIGHTS:

SPECIAL INTENTIONS: For the Alvin & Glenna Jungman Family by Shannon & Barbie Donnell Family, For the Henry & Lillie Mae Novak Family, For the George & Margaret Holub Family, For the Jim & Janice Knezek Family, For Michael Wright & Family, For the Ricky Wright Family, For the complete healing of Scarlett Morrison by Shannon & Barbie Donnell.

FOR FAMILY & FRIENDS BY: Kay Flippin, Terry & Belinda Bench, Charlotte Wright, Marilyn McGough, Donna Carver, Carol Vacker. **If you would like to contribute to the Seven Day Lights, the cost is \$1 per week. Thank You.**

OFFICE HOURS & BULLETIN NOTICES:

Office Hours is Monday, Wednesday and Thursday 10am – 3:30pm. All bulletin notices must be in by **12 noon on Wednesday!**

SAINT BLAISE (d. 320) – FEAST DAY, FEBRUARY 3RD:

St. Blaise was a physician and Bishop of Sebaste, Armenia. He lived in a cave on Mount Argeus and was a healer of men and animals. According to legend, sick animals would come to him on their own for help but would never disturb him at prayer. Agricola, governor of Cappadocia, came to Sebaste to persecute Christians. His huntsmen went into the forests of Argeus to find wild animals for the arena games and found many waiting outside Blaise's cave. Discovered in prayer, Blaise was arrested and thrown into prison. Agricola tried to get him to recant his faith by torture and beatings. "*You punish my body,*" says Blaise, "*but there is nothing you can do to my soul. If he wished, my God could snatch my body from your hands. His will be done.*" Blaise has been extremely popular for centuries in both the Eastern and Western Churches and many cures were attributed to him, notably that of a child who was suffocating through a fish bone being caught in his throat. In 1222 the Council of Oxford prohibited servile labour in England on his feast. He is one of the Fourteen Holy Helpers. He is invoked for all throat afflictions; It is customary in many places to bless the throats of the faithful with two candles tied together with a red ribbon to form a cross. The priest or deacon places the candles around the throat of whoever seeks the blessing, using the formula: "Through the intercession of St. Blaise, bishop and martyr, may God deliver you free from every disease of the throat, and from every other disease. In the name of the Father and of the Son, + and of the Holy Spirit. R. Amen." <https://www.catholicculture.org/culture/liturgicalyear/calendar/day.cfm?date=2026-02-03>

BLESSINGS OF THE THROATS – This Weekend Masses

St. Blaise, Bishop and Martyr feast day is February 3rd. We will be offering the Blessing of the Throats in his Intercession at the dismissal hymn at all Masses this weekend, Jan. 31/Feb. 01.

PRAY FOR RAIN FOR OUR FIELDS, CROPS, RANGELANDS AND RESERVOIRS!

FEBRUARY 2026 MINISTERS LIST

EUCCHARISTIC MINISTERS/HOMEBOUND—Sandy Lane

<u>Saturday</u>	<u>Sunday</u>
Charlotte Wright	Bill Dreyer
Josh Holub	Jenni Moline

HOMEBOUND MINISTERS—3rd & 5th SUNDAYS

Suzanne Sturgeon

MONEY COUNTERS—Fr. Bose

Charlotte Wright, James Castagna & Vickie Wright

LECTORS—Janice Vita Thornhill

<u>Saturday</u>	<u>Sunday</u>
Terry Bench	Donna Carver

USHERS—Terry Bench

<u>Saturday</u>	<u>Sunday</u>
Danny Lane	Greg Hertel
Shannon Donnell	Damon Hertel
Glenn Peters	Ean, Easton & Case

FLOWERS—Donna Carver

Jan. 31/Feb. 01—Deidra Groves & Caitlyn Homesley

07/08—Sharon Christian & Christina Ortiz

14/15—Janice Knezek & Keramie Knezek

18/April 02 - Lent

ALTAR SERVERS—Corley Latham

<u>Saturday</u>	<u>Sunday</u>
Jan. 31—Adaline & Cooper	Feb. 01—Harris & Faith
07—Braelyn & Harper	08—Sebastian & Brogan
14—Jessica & Madeline	15—Ean & Ricardo
21—Cooper & Adaline	22—Hayes & Harris
28—Knox & Korbett	March 01—Angelina & Matthew

PRESENTATION OF THE LORD – February 2nd

On this day, the Church demonstrates its gratitude to all those in the community that dedicate themselves in a privileged way to prayer, to those who have a particular religious vocation to the contemplative life. In the figure of the venerable Simeon, Jesus' presentation in the temple, also reminds us that prayer and contemplation are not just a waste of time or an obstacle to charity. On the contrary, time could not be better spent than in prayer as true Christian charity is a consequence of a solid interior life. Only those who pray and offer penance, like Simeon and Anna, are open to the breath of the Spirit. They know how to recognize the Lord in the circumstances in which He manifests Himself because they possess an ample interior vision, and they have learned how to love with the heart of the One whose very name is Charity.

WORLD DAY OF PRAYER FOR CONSECRATED LIFE-

St. John Paul II established the World Day of Prayer for Consecrated Life in 1997 to be celebrated in conjunction with the feast of the Presentation of the Lord on February 2, also known as Candlemas Day, which highlights the fact that Christ is the light of the world through the symbolic lighting of candles. "Similarly, consecrated men and women are called to spread the light and love of Jesus Christ through their unique witness of selfless service, such as caring for the poor, the contemplative work of prayer, or through their professional careers.



SACRAMENT OF THE SICK: Whenever you are ill or have been hospitalized, please call for the Sacrament of the Anointing of the Sick immediately.

A Special Opportunity for Those Ages 70-1/2 and Older

You can give any amount (up to \$111,000) per year from your IRA directly to support your parish, school, an endowment fund, the Annual Diocesan Appeal or the Diocese of Fort Worth through a Qualified Charitable Distribution (QCD) from your IRA. When you turn 73, your gift can satisfy all or part of your required minimum distribution (RMD). To learn more or start the process, please visit <https://advancementfoundation.planmygift.org/ira-charitable-rollover> or contact Lydia Springer, lspringer@adv-fdn.org, 682-622-8393.

ADVOCATE – to help with Blessings of Marriage (including Annulments "declaration of nullity" if necessary):

Debbie Bewley (979-255-6831) has volunteered to be our Advocate. She will be available at the Pastoral Center on Monday's from 10 am – 12 pm & 1–3 p.m. or by appointment.

Contact Information for Seminarian Trent Barton: You can email him at Trent.barton@fwdioc.org. Please continue to keep him in your daily prayers.

PRAY FOR VOCATIONS: LAY LEADERS, PRIESTS, DEACONS AND RELIGIOUS LIFE

PLEASE REMEMBER IN YOUR PRAYERS:

Andres Amador, Donna Anders, Larry Ballard, Terri Bengal, Bobby Bohanon, Rickey Bohanon, Cindy Cuba Boone, Kay Bradley, Peggy Brown, Ellen Schaefer Bruggeman, Julie Bruggeman, Quentin Bruggeman, Terence Bruggeman, Nick Bryant, Christopher Cardaci, Kaylan Carter, Bessie Casillas, Jim Castagna, Chris Christian, Scott Christian, Margaret Mary Clement, Nellie Cole & Family, Josiah Decker, Brexton Dockins, Jeanie Evans, Ashley Felty, Mike Flippin, Bryker Fontenot, Charlene Gajdos, Nick Garcia, Ofelia Garcia, Karissa Gill, Hailey Glass, Stella Glass, Rose Gonzales, Caden Gray & Family, Hannah Green, Deidra Groves, Linda Guerra, James Haisler, Deven Hall, Donna Hampton, Delores Harris, Machele Hass, Keaton Hehl, Carl Holley, Tommy Holub, Cheryl Hopkins, Briley Hostas, Cindy Hostas, Billy Mac Howe, Jeanelle Howell, Genevieve Hrcirik, Joe Hrcirik, June Hrcirik, Rick Kieschnick, Dr. James Kirkland, Doreen Kolacek, Arleen Kuhler, Jerry Kuhler, Melvin Kuhler, Leon Legesse Jr., Jennifer Lane, Richard Latham, Tony Leal, Kayley Lowder, Meg Martin, Michelle Martin, Margarita Martinez, Teagan Matthews, Cathy McElroy, Brad McGuire, Jamie McLarty, Jim McLarty, Phyllis Molina, Rick & Sandra Moorhouse, Scarlett Morrison, Melvin & Shirlee Motl, Donovan Maharib, Arya Myers, Mary Myers, Roland Newman, Abigail Novak, Bobby Novak, Deacon Jim Novak, Kim Novak, Karla Parker, Agnes Pechacek, Mary Dell Garcie-Perez, Dale Peterson, Braxton Pierce, Connie & Helen Rodriguez, Michael Rodriguez, Jennifer Roy, Joe Saitta Jr., Andrea Sanchez, Bill Schaefer, Cora Shelton, Lizzy Smith, Brent Sosolik, Vivian Steinbach Melinda Stewart, Loy Studer, James Styles, Bernie Thomas, Adaline Urbanczyk, Ralph Veitenheimer, Judy Wheeler, Linda Willis, Charlotte Wright, Harris Wright, Michael Wright, & Waylan Wyatt

SERVICE MEN AND WOMEN: Sam Atwood, Korey Bailes, Tylor Don Chism, Kamdan Dacy, Isaak Estraca, Andrew Gelb, Zachary Hamilton, Tyrel Hart, Mitchell Lee, Sebastian & Savannah Mabry, Trey Matus, Carson Pope, Josh Wright, & Julien M. Wright
Please call the office to update the prayer list for those to be added or removed.

CROSS CATHOLIC OUTREACH PRIEST NEXT WEEKEND FEBRUARY 07/08 -

Be sure to extend a warm welcome to Fr. Nobles who will be visiting our parish next weekend. More than ever, poor families in developing countries are relying on Catholic missions for assistance with food, water, shelter, medical care and spiritual nourishment. That's why the work of Cross Catholic Outreach is so important. It supplies those urgent needs. He will share stories about the amazing work Catholic missions are accomplishing as they carry out the Catholic Social Teaching of providing a preferential option for the poor and vulnerable. It's an inspiring message every Catholic should hear.

Since Cross Catholic Outreach empowers existing Catholic missions, its programs are extremely cost-effective, and the vast majority of the resources it collects go into program services that help the poorest of the poor around the world. Right now, our world desperately needs the radical compassion Christ lived out. When we help poor families, we show the watching world that our Lord's love remains as powerful and transformative as ever before. To learn more about Cross Catholic Outreach, please visit <https://crosscatholic.org/outreach/>



Fr. Adam James Martin Nobles, OP



Fr. Nobles has held various pastoral positions during his ministry, which include Rector at the Church of the Incarnation in the Diocese of Dallas and Parochial Vicar at St. Peter's in the Diocese of Memphis. In 2016, he participated in a social justice internship in Vietnam, which inspired him to conduct future social justice pilgrimages already during his priestly ministry; he has also been Chaplain for several schools, and his experience also includes being a grant writer. Fr. Nobles believes that being present for a parish community on behalf of Cross Catholic Outreach allows the faithful to enter an

examination of conscience and to re-center themselves in line with the values of the Gospel. "Creating awareness for the poor remind all of us to move away from an "us or them" attitude and towards a Catholic mindset".