

St Bernadette Catholic Church  
 3825 Don Felipe Drive  
 Los Angeles , CA 90008  
 (323) 293-4877  
[stbernadettela.org](http://stbernadettela.org)



The Fourth Sunday in  
 Ordinary Time  
 January 31/  
 February 01, 2026

St Bernadette Church  
 3825 Don Felipe Drive  
 Los Angeles, CA 90008  
 (323)293-4877  
[stbernadettela.org](http://stbernadettela.org)  
 Follow Us on Facebook  
 SaintBernadetteCatholicChurch

ST BERNADETTE  
 PARISH STAFF

DCN JIM CARPER, PLD  
 MSR LORETO GONZALES  
 FR MARCELLINUS MBATA  
 DCN EMILE ADAMS, RIP  
 DAVID CHRISTENSEN  
 EMANUEL HOLDER  
 CLARENCE DIXON  
 MARGARITA HURST  
 MARINA AYALA  
 RENE URIBE

OFFICE VOLUNTEERS  
 TERESA CARPER

THE CHRISTIAN SERVICE  
 MINISTRY  
 Donations of Pre-Packaged,  
 Canned Food and Staples are  
 appreciated and Gracefully  
 Accepted



**Mass Intentions**

**January 31/February 01, 2026**

Offering a Mass for a specific intention is a tradition in the Catholic Church.

**Saturday, Jan 31, 2026 4:00**

**Ramona Moret (RIP)**

**Sunday, Feb 01, 2026 10:00 am**

**Diane D'Antignac (RIP)**

**A. Richard Coswell (Peace)**

*Please submit Mass intention requests to the parish office,  
 at least eight days in advance.*

**Weekend Priest Presider Schedules**

**Saturday, January 31, 2026**

3:00 pm Sacrament of Reconciliation

**Fr. Mbata**

4:00 pm Vigil Mass

**Fr. Mbata**

**Sunday, February 01, 2026 Fourth Sunday Ordinary Time**

10:00 am Mass

**Fr. Mbata**

**Saturday, February 07, 2026**

3:00 pm Sacrament of Reconciliation

**Msgr. Mac**

4:00 pm Vigil Mass

**Msgr. Mac**

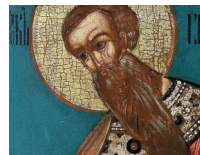
**Sunday, February 08, 2026 Fifth Sunday Ordinary Time**

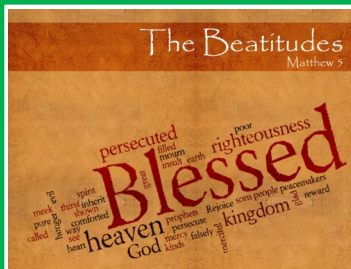
10:00 am Mass

**Fr. Mbata**

**Zephaniah 2:3 What does it say to us today?**

*Zephaniah 2:3* speaks directly to those who are humble and meek. It urges us to seek the Lord and His righteousness, suggesting, by doing so it might protect us from the impending day of the Lord's anger. It reminds us God is compassionate and cares for those who show humility and respect toward Him. Seeking His righteousness means living in a way which aligns us with His standards and commands. This "seeking" is not just an act; it involves "genuinely" seeking God. It symbolizes our decision to pursue a relationship with Him, one which draws us closer to righteousness and humility. When we explore the concept of being meek, many may ask what it means to be meek. Meekness does not imply weakness. Instead, it emphasizes humility and a gentle spirit. It suggests we do not have to be loud or aggressive to stand firm in our faith. We can stand strong, no matter the circumstances. Throughout the Bible, God lifts up the humble. In Matthew 5:5, Jesus says, "Blessed are the meek, for they shall inherit the earth." This reflects a promise God has for those who approach Him with humility.





**“When Jesus saw the crowds, he went up the mountain, and after he sat down, his disciples came to him. 2 And he began to speak and taught them, saying: “ -Matthew 5:1-12**

The Beatitudes are some of the most beautiful and challenging words ever spoken by Jesus. Found in Matthew 5:1–12, these blessings open the Sermon on the Mount and lay the foundation for kingdom living. They are more than poetic sayings—they are an invitation to live counterculturally, grounded in humility, compassion, righteousness, and peace. The word “Beatitude” comes from the Latin *beatus*, meaning “blessed” or “happy.” But this isn’t about surface-level happiness—it’s about spiritual joy and divine favor. Jesus was teaching a radically different way of being: one which reflects the values of the Kingdom of Heaven rather than the patterns of the world (**Romans 12:2**). Here are a couple of examples: To be poor in spirit means recognizing our spiritual neediness. It is not about financial poverty but a humble awareness we are dependent on God. It is the opposite of pride and self-reliance. In Jesus’ day, this was a revolutionary message. The world celebrated strength and status, but Jesus honored humility. **One can “Practice humility” by acknowledging our need for God in prayer daily.** Invite God’s guidance into your decisions instead of leaning on your own understanding (**Proverbs 3:5–6**). Seek a community that encourages dependence on God rather than self-sufficiency. **“Blessed are those who mourn, for they will be comforted.”** Mourning here refers not only to grief over loss but also sorrow over sin—our own and the world’s. Jesus promises comfort to those who are honest with their pain. God doesn’t ignore our sorrow—He enters it. Through mourning, we experience His deep comfort and healing. **Blessed Are the Meek, for They Will Inherit the Earth (Matthew 5:5)** Meekness is strength under control. It’s not weakness, but gentleness and humility. The meek trust God to defend and provide rather than striving for power. Jesus Himself described His heart as “gentle and lowly” (**Matthew 11:29**) He is our perfect example of meekness.



### **ST. BERNADETTE SENIOR CITIZEN CLUB**

**Did you know we have a senior citizen club? We meet the second Wednesday of each month, in the church hall. Join us for activities such as guest speakers on senior related topics, social and safety, issues, day trips, picnics, crafts, fitness, a catered lunch and much, much more.**

### **St Blaise, Bishop and Martyr— February 03, 2026**

The feast day of St. Blaise is celebrated on February 3 in the Western Church and February 11 in the Eastern Churches. There are few facts known about St. Blaise except that he was a fourth-century bishop in the city of Sebaste, Western Armenia, and died as a martyr. A physician, he was regarded as a righteous man and, at an early age, elected bishop by the citizens of Sebaste. Beyond those few facts, much of what we know of Blaise comes from legends. He became, during the Middle Ages, one of the most popular of all the saints and today remains highly esteemed, especially in Armenia. He is the patron saint of Dubrovnik, Croatia. His relationship with Dubrovnik is unique in that he never visited the city. In 971, he appeared in a vision to a local man warning that a Venetian force was about to invade the town. The townspeople responded with defensive measures and the Venetians, having lost the element of surprise, departed.



### **Did You Know— January 31/February 01, 2026 Facts About the Missing Children Hotline**

Since the Missing Children 24-hour hotline (1-800-THE-LOST or 1-800-843-5678) launched 41 years ago, countless children have been safely found and brought home. The hotline has received over 5 million calls in the last 41 years. During national emergencies and disasters, the National Center for Missing and Endangered Children has helped find lost children, working with emergency responders to reunite families. For more information, about “The Missing Children Hotline, visit <https://www.missingkids.org/gethelpnow/isyourchildmissing>





**DONUT Miss This Opportunity**  
**No Set Up, No Pick Up,**  
**Just Pay Up Then Drink Up**  
**All you need to do is Donate,**  
**all or part of, the Weekly Cost to the**  
**church.**  
**We will take care of the rest.**  
**For more info just call the Parish Office**  
**(323)293-4877**  
**Donor: ??????????????**

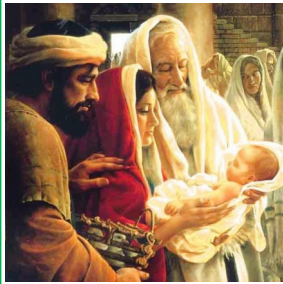
**The Presentation of the Lord –February 02**

The Presentation of the Lord commemorates the event when Mary and Joseph brought Jesus to the Temple, fulfilling Jewish law and recognizing Him as the Light of the World.

**Biblical Background:**

The Presentation of the Lord is rooted in the Gospel of Luke (Luke 02:22-39). Mary and Joseph present Jesus in the Temple 40 days after His birth, in accordance with Jewish law. This law required every firstborn male be consecrated to the Lord, and a sacrifice of two turtledoves or young pigeons be offered. During this event, Simeon a righteous man, recognizes Jesus as the Messiah and proclaims Him as a “Light for revelation to the Gentiles. Anna, a prophetess also acknowledges Jesus and speaks about Him to all awaiting redemption.

**Historical Significance:** The Feast has been celebrated since the early Church, with it’s origins tracing back to the Fourth Century. Initially it was known as the **Feast of the Purification of the Blessed Virgin Mary**, focusing on Mary’s purification after childbirth. The emphasis later shifted to Presentation of Jesus, highlighting His role as Savior. The name “Candlemas” is derived from the tradition of blessing candles on this day, symbolizing Christ as the “Light of the World.” Recognizing Jesus' divine nature and mission, Fulfillment of the Law. Jesus and His family’s adherence to Jewish customs, demonstrating their obedience to God’s Law.



LITURGY SCHEDULE  
 MONDAY, FEBRUARY 02  
 THE FOURTH WEEK  
 IN ORDINARY TIME  
 TO SUNDAY, FEBRUARY 08, 2026  
 5TH SUNDAY ORDINARY TIME

**FOURTH WEEK**  
**IN ORDINARY TIME**  
Monday, February 02, 2026  
 The Presentation of the Lord  
 7:30 am Adoration  
 8:00 Communion Service  
 Live-Streamed and  
 In-Person

Tuesday, February 03, 2026  
**St Blaise, Bishop and Martyr**  
**Blessing of Throats**  
 St Ansgar, Bishop  
 7:30 am Adoration  
 8:00 Communion Service  
 Live-Streamed and  
 In-Person

Wednesday, February 04, 2025  
 7:30 am Adoration  
 Mass 8:00 AM  
 Live-Streamed and In-Person

Thursday, February 05, 2026  
**St Agatha, Virgin and Martyr**  
 7:30 am Adoration  
 Mass 8:00 AM  
 In-Person Only

Friday, February 06, 2026  
**St Paul Miki & Companions, Martyrs**  
 First Friday of the Month  
 7:30 am Adoration  
 Mass 8:00 AM  
 In-Person Only

Saturday, February 07, 2026  
 3:00 pm Confessions Heard  
 4:00 Vigil Mass  
 Live-Streamed and In-Person

Sunday, February 08, 2026  
 The Fifth Sunday  
 in Ordinary Time  
 10:00 am Mass  
 Live-Streamed and In-Person  
 Coffee & Donuts to Follow

Baptisms, Weddings, Funerals  
 as Scheduled

To Request a Mass Intention  
 (323) 293-4877

j.carper.sbcc@gmail.com  
 \*LOTW: Liturgy of the Word



**Mardi Gras Feb 17, 2026**  
**“Fat Tuesday”** is the day before Ash Wednesday, which marks the beginning of Lent. In times of greater Lenten austerity in Catholic countries, Mardi Gras offers an opportunity for households to consume foods they will not enjoy until Easter. Some have drawn a connection between Mardi Gras and ancient pagan festivals to welcome spring. Whatever the case, certain cities around the world have become identified with elaborate civic festivities leading up to Mardi Gras. In most places, however, Mardi Gras simply justifies an elaborate — often excessive — party.

**Ways To Stay In Touch**  
**Read the Bulletin**  
**In Print or Online**  
**Parish Website**  
[stbernadettela.org](http://stbernadettela.org)  
**FLOCKNOTE**

**Call Us (323) 293-4877**  
**Listen to the Pulpit**  
**Announcements. (If**  
**you don't and ask a**  
**question we think you**  
**left early). If all else**  
**fails... Ask Deacon**  
**Jim... He won't know;**  
**but he knows how**  
**to find out.**

**Join us for Bible Study**

**1st and 3rd Thursday**  
**1:00 pm & 7:00 pm**  
**Via ZOOM**

**1:00 pm Study**  
**ID: 87233018319**  
**Passcode: 689472**

**Leader/Contact:**  
**Carolyn James**  
**(323) 394-5441**

\*\*\*

**7:00 pm Study**  
**ID 811 5705 8134**  
**Passcode: 6FuFf7**

**Leaders**  
**Dacosta Collymore**  
**Clarence Dixon**  
**Contact: Elsie Dixon**  
**(310) 410-2962**



**The month of February is dedicated to the Holy Family.**

This year the first 16 days of February fall during the liturgical season known as Ordinary Time which is represented by the liturgical color green. Green, the symbol of hope, is the color of the sprouting seed and arouses in the faithful the hope of reaping the eternal harvest of heaven, especially the hope of a glorious resurrection. The remaining days of February are the beginning of Lent. The liturgical color changes to purple — a symbol of penance, mortification and the sorrow of a contrite heart.

**St Blaise of Sebaste—February 03**

St Blaise, also known as Blaise of Sebaste is a revered figure in the Catholic Church, celebrated for his miraculous healings and his role as the patron saint of throat ailments. On Tuesday, February 03 we will be blessing throats from 7:00 AM –8:00 AM. And then immediately following the morning Communion Service.



**St Agatha, Virgin and Martyr—February 5th**

Agatha of Sicily (c. 231 – c. 251 AD) is an early Christian virgin and martyr. Her feast is on 5 February; traditionally, it is considered the last date by which one can send New Year's greetings. Agatha was born in Catania, part of the Roman Province of Sicily, and was martyred c. 251. She is one of several virgin martyrs who are commemorated by name in the Canon of the Mass. Agatha is the patroness saint of Catania, Molise, Malta, San Marino, Gallipoli in Apulia, and Zamarramala, a municipality of the Province of Segovia in Spain.



**Saint Bernadette Soubirous**



**The month of February is dedicated to the Holy Family.**

A special devotion which proposes the Holy Family of Jesus, Mary, and Joseph as the model of virtue of all Christian households began in the 17th century. It started almost simultaneously in Canada and France: the Association of the Holy Family was founded in Montreal in 1663, and by the Daughters of the Holy Family in Paris in 1674. This devotion soon spread and in 1893 Leo XIII expressed his approval of a feast under this title and himself composed part of the Office. On account of the flight into Egypt this feast has been observed by the Coptics since early times. The feast was welcomed by succeeding Pontiffs as an efficacious means for bringing home to the Christian people the example of the Holy Family at Nazareth, and by the restoration of the true spirit of family life, stemming, in some measure, the evils of present-day society.