

Sunday,
February 1,
2026

PARISH OF THE HOLY EUCHARIST



The Blessing of Throats

February 7 and 8

Our priests will invite those who wish to have their throats blessed to remain after every Mass. We pray for the intercession of St. Blaise in asking God to grant us the gift of good health this winter.

Read more about St. Blaise on p. 5.

FOURTH SUNDAY IN ORDINARY TIME

“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.”

-Matthew 5: 11— 12

The Parish of the
Holy Eucharist is participating in the



Donations will be collected (cash/check) after
each weekend Mass at all Parish churches:

FEBRUARY 7 & 8

The Pastor's Ponderosa

contains more information
about our Souper Bowl of
Caring!

Parish Calendar ~ This Week and Upcoming

Saturday	Sunday	Monday	Tuesday	
31 St. John Bosco That Man is You 7 am <i>Sacred Heart</i> Eucharistic Adoration & Confession 8:45 - 9:45 am <i>Sacred Heart</i> God, Love & Marriage Retreat 10 am - 3 pm <i>Holy Martyrs</i>	1 4th Sunday in Ordinary Time Choir Rehearsal 8 am <i>St. Jude</i> Sacramental Prep (Parent Mtg. - First Communion) 9:30 am <i>Sacred Heart</i> Teen Sacraments 4 pm <i>Sacred Heart</i> The Oratory 5 - 7 pm <i>Sacred Heart</i>	2 Candlemas Presentation of the Lord AA Meeting 10:30 am - 12 pm <i>St. Gregory the Great</i> Eucharistic Adoration 12 - 8 pm <i>Holy Martyrs</i> Youth Schola 4 pm <i>Sacred Heart</i>	3 Sts. Ansgar & Blaise Centering Prayer Group 9:30 am <i>Holy Martyrs</i> Catholic Homeschoolers 10 am - 12 pm <i>St. Gregory the Great</i> Friends in Faith 10:30 am <i>Holy Martyrs</i> Sacramental Prep (Parent Mtg. - First Communion) 4 - 5:15 pm <i>Sacred Heart</i> Choir Rehearsal 6:45 pm <i>Holy Martyrs</i>	
Wednesday	Thursday	Friday	Saturday	Sunday
4 Choir Rehearsal 4:45 pm <i>Sacred Heart</i> 7 pm <i>St. Gregory the Great</i> Together with Alzheimer's 7 - 8:30 pm <i>Sacred Heart</i>	5 St. Agatha Meals on Wheels 8 am - 12:30 pm <i>St. Jude</i> St. Monica Club 6:30 pm <i>Holy Martyrs</i> AA & Al-Anon Meeting 7 - 8:30 pm <i>St. Gregory the Great</i>	6 St. Paul Miki & Companions Eucharistic Adoration 8:30 - 9:30 am <i>St. Gregory the Great</i> 3 - 6 pm <i>St. Jude</i> Making Music, Praying Twice 10:30 am <i>Holy Martyrs</i> AA Meeting 6:30 - 9:30 pm <i>Sacred Heart</i>	7 Saturday Memorial of the Blessed Virgin Mary That Man is You 7 am <i>Sacred Heart</i> First Saturday Confession & Rosary 8 am <i>Holy Martyrs</i> Eucharistic Adoration & Confession 8:45 - 9:45 am <i>Sacred Heart</i> Latin Mass 9 am <i>Holy Martyrs</i>	8 5th Sunday in Ordinary Time Choir Rehearsal 8 am <i>St. Jude</i> CGS 8:30 - 11:30 am <i>Holy Martyrs</i> Sacramental Prep 9:30 am <i>Sacred Heart</i>

Mass Intentions for January 31 to February 8

Saturday, January 31 8:15 am SH Fr. J † Louise Cynkus by Danielle Ogden 4:00 pm HM Fr. J † William Kelly by Liz & Charlie Kean 4:00 pm SGTG Fr. C *All POTHE Parishioners	Thursday, February 5 8:00 am SH Fr. J *In Thanksgiving for Katherine Dorsey by the Bearse family
Sunday, February 1 8:00 am SH Fr. K † Lynne Silkman by Terry Flaherty & family 8:30 am HM Fr. J † Philip T. Martin by his family 8:30 am SGTG Fr. C † Wade Trudel by Suzanne Trudel 9:30 am SJ Fr. K † Philip Michaud by Betty & Gilman Michaud 10:30 am HM Fr. J † K. J. & Catherine Joseph by Savio Tony & family 11:00 am SH Fr. C † Signa Milliken by James & Gail O'Connell 5:30 pm HM Fr. J † Deceased members of the Buccina family by Deborah Buccina	Friday, February 6 7:30 am HM Fr. J † Souls in Purgatory by a friend 8:00 am SGTG MASS CANCELLED
Monday, February 2 8:00 am SH Fr. J *Children & Teens of POTHE by POTHE Faith Formation 12:15 pm SJ Fr. C † Joan Hatt by Evelyn Fraser	Saturday, February 7 8:15 am SH Fr. J † Cecelia Rusinek by Ken & Karen Rusinek 4:00 pm HM VP † Yvonne Tardy by her children 4:00 pm SGTG Fr. J † Doris L. Mathew, OFS by Joe Mathew, OFS & family
Tuesday, February 3 7:30 am HM Fr. C † Joelyn Cartwright by POP/IHM ACTS	Sunday, February 8 8:00 am SH VP *All POTHE Parishioners 8:30 am HM Fr. K † Heather Hewett by John Flaherty 8:30 am SGTG Fr. J † Bernie Bernardo by the Boulos family 9:30 am SJ VP † Margaret Grover by Mark Grover 10:30 am HM Fr. K † Fernande Leblond 11:00 am SH Fr. J † William Brown by Joan Brown 5:30 pm HM Fr. C † Michael L. Barretti Sr. by Dina Lattanzi
Wednesday, February 4 7:30 am HM Fr. J *Intentions of the St. Monica Club by a friend	NH—Nursing Home VP—Visiting Priest *Special Intention †Deceased HM—Holy Martyrs, SJ—St. Jude, SGTG—St. Gregory the Great, SH—Sacred Heart

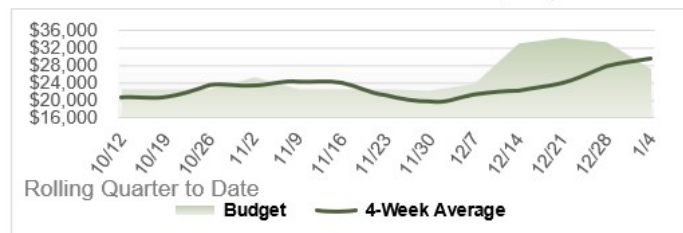
Sharing God's Word ~ Through Stewardship and Pastoral Life

Stewardship of Treasure

Week ending on January 4, 2026 : \$37,549

Fiscal Year Ending 6/30/26 Year-to-Date Offertory Surplus/(Shortfall) : \$(12,589.47)

4-Week Average: \$29,518 Budget: \$ 27,025
Surplus/(Shortfall): \$ 2,493



Welcome, Visitors!

Want to participate in our Offertory collection? If you'd like to make your offering online, please scan the QR code.



UPCOMING SECOND COLLECTIONS

FEBRUARY 8 —SOUPER BOWL OF CARING: Donations of cash or check will be collected after Mass at the doors of each church and will be sent to the six food pantries in our Parish area: Cumberland, Falmouth, Freeport, Gray, New Gloucester, and Yarmouth. Thank you for caring for the poor.

FEBRUARY 15—POTHE Utilities Collection: This collection supports defraying costs associated with warming our churches, lighting our buildings, and keeping the water running. Thank you for supporting our utilities collection.

FEBRUARY 18, ASH WEDNESDAY—CHURCH IN EASTERN EUROPE AND SOLIDARITY FUND FOR AFRICA: This is a combined collection with 50% of the funds going towards each cause. The first cause seeks to meet the needs of rebuilding the Church, focusing on training leaders, supporting social services, ministries, education, church construction and renovation, and evangelization through Catholic media. The second cause is our opportunity to support the faith of our African brothers and sisters.

ANNUAL DONATION REPORT: If you would like to request your annual donation report from 2025, please visit our website pothe.org, scroll down, and click on the **Annual Donation Report Request** button to fill out a request, or you may call the parish office, (207) 847-6890.

RETURN FILLED BOTTLES THIS WEEKEND! KNIGHTS OF COLUMBUS ANNUAL BABY BOTTLE DRIVE: Our annual collection for the benefit of the ABBA Pregnancy Center is coming to a close. Bottles are due to be returned this weekend, February 8. Please remember to fill your bottle with cash, or a check *made payable to K of C Council 15791*. If you didn't pick up a bottle, you may still donate this weekend! The ABBA Center provides free services to women who are pregnant, with the intent of helping direct them to *Choose Life* for their unborn children.



PASTOR'S PONDEROSA

My Dear Parishioners,



Next weekend, February 7 and 8, our parish will once again take part in a nationwide effort that beautifully joins faith with action: **The Souper Bowl of Caring**. For over 30 years, churches across the country have used Super Bowl weekend as an opportunity to remind us that while many gather around tables filled with lots of food, others in our communities wonder where their next meal will come from.

At all Holy Masses next weekend, we will participate in this simple but powerful act of charity. At the conclusion of each Mass, volunteers will be stationed at the doors of our churches to receive donations, like the way we take the Haiti Door Collection. Every contribution will go directly to support our six local food pantries located within the boundaries of the Parish of the Holy Eucharist. This is not aid sent far away; it is love offered right here, to our neighbors.

Last year, thanks to your extraordinary generosity, we were able to present six \$1,000 checks, one to each of our food pantries! Those funds helped purchase groceries, stock shelves, and provide nourishment to families who otherwise might have gone without. It was a tangible sign that our parish does not merely speak about charity, we live it. This year, however, the need is even greater.

Food prices, housing costs, medical expenses, and economic uncertainty have left many families struggling quietly behind closed doors. Parents are skipping meals so children can eat. Seniors are choosing between prescriptions and groceries. Working families are finding that paychecks no longer stretch as far as they once did. Food pantries in our area are reporting increased demand and shrinking reserves. And that is why your generosity matters now more than ever.

The Souper Bowl of Caring is not about large donations alone. It is about participation. It is about each of us saying, "I will not ignore hunger in my community." A few dollars, a single bill, or a small envelope given with love becomes a meal, a loaf of bread, a carton of eggs, or a bag of groceries for someone in need. Our Lord reminds us in the Gospel: "For I was hungry and you gave me food." This is one of those moments where our faith becomes visible.

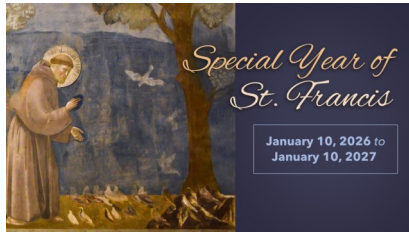
So next weekend, as you come to Holy Mass, I invite you to prepare your heart, and perhaps a small offering, for this opportunity to serve Christ in the poor. Bring what you can. Give what you are able. And know that your gift, no matter the size, will be received with gratitude and put to immediate use.

Together, let us once again show that the Parish of the Holy Eucharist is a community where the love of Christ is not only celebrated at the altar, but then carried to the tables of those in need.

Thank you in advance for your generosity, your compassion, and your faithful witness. May the Lord bless you abundantly for every act of love. —Fr. Cartwright

Called to Discipleship ~ Through Faith Formation and Pastoral Life

SPECIAL YEAR OF ST. FRANCIS—A JUBILEE YEAR: In celebration of the 800th anniversary of the death of St. Francis of Assisi, Pope Leo XIV has proclaimed a Special Year of St. Francis, during which it is hoped that every Christian, "following the example of the Saint of Assisi, may himself become a model of holiness of life and a constant witness of peace." The year began on January 10, 2026, and will continue until January 10, 2027.



In a letter to the ministers general of the Franciscan Family Conference, Pope Leo emphasized that St. Francis continues to speak to us today because "his life points to the authentic source of peace."

"St. Francis renounced his inheritance and his father's wealth. He stripped himself of privilege and status to follow the poor Christ. But notice what Francis did not do. He didn't renounce Assisi. He didn't flee his town or his people. He stayed there. He lived the Gospel in the middle of his culture and that transformed it. Francis shows us that evangelizing culture doesn't mean abandoning it. It means living the Gospel right where you are, so the culture is changed from within," said Bishop James Ruggieri (Auspice Maria, ep. 13).

The jubilee year carries with it the possibility of receiving a plenary indulgence. A plenary indulgence is a grace granted by the Catholic Church through the merits of Jesus Christ to remove the temporal punishment due to sin. When we sin, we commit an offense against God, and while we receive forgiveness through the Sacrament of Reconciliation, the effects of that sin sometimes remain. A plenary indulgence heals that wound, removing all temporal punishment from that sin while a partial indulgence removes some temporal punishment. To read more about plenary indulgences, visit our Diocese of Portland website, portlanddiocese.org/plenary-indulgences.

PURGATORIAL SOCIETY: The Purgatorial Society at POTHE aims to assist the poor souls in purgatory on their way to heaven. Deceased loved ones enrolled in the Society are remembered and prayed for at the Society's Masses for a year. The next Mass for the Society is on Friday, February 13 at 6:30 pm at Sacred Heart, with Vespers for the Dead (Evening Prayer) at 6:00 pm. FMI or to enroll your loved one, visit pothe.org/purgatorialsociety or call the Parish Office, (207) 847-6890.



PRAYER CORNER

Saturday, January 31	Rev. Robert L. Lupo Rev. Benjamin Simon, HGN
Sunday, February 1	Bishop James T. Ruggieri
Monday, February 2	Rev. Sylvester Nwaokolo, OP Rev. Luc Tougouma, SMA
Tuesday, February 3	Rev. Javis Laban Rev. Augustine Foka Kifon
Wednesday, February 4	Rev. John W. Michalowski, SJ Rev. Vincent P. Mellone
Thursday, February 5	Rev. Emile H. Dube
Friday, February 6	Rev. Jacques D. Dolbee, SOLT Rev. Michael Seavey
Saturday, February 7	Our Holy Father Rev. Nsame Venatius
Sunday, February 8	Bishop Emeritus Robert P. Deeley, JCD

WHY WE ASK FOR PRAYERS: We know God hears all our prayers. Many of us have known the power of His answers. As a faith community, we are called to pray for each other, which is why we publish a list of people in need of healing in the bulletin. Please call our parish office at (207) 847-6890 to include yourself on the list. If you want to add someone else, please ask permission from that person first.

PRAY FOR OUR SEMINARIANS: Vin Nguyen, Deacon Ezekiel Banla, Deacon Evans B. Yongyee, Joseph Beale, Nick Hershbine, Adam Chamberland, David Leff

PRAY FOR THE KNIGHTS OF COLUMBUS AND FAMILY: Brother Chip Metevier; Laurene, wife of Brother Dennis Dempsey; Nancy, wife of Brother John Walkenford; Brother Gerald Bose; Brother Charles Thurston; Art Crowley, brother of Brother Mike Crowley; Brother Manen Clements and wife Pat; Brother James King; Cindy Carrier, wife of Brother Steve Carrier; Brother Paul Tracy; Sandy Lemanski, sister of Brother Frank Lemanski

PLEASE KEEP IN HEALING PRAYER: Marianne McNally-Purda, Gretchen Sayward, Edward Hartnett, Peter Allen Longley, Dolores Hartnett, Keith Stackpole, Ann Marie Branigan, Ryan Holden, Denise Tibbetts, Bob Pigeon, Nancy Crouch, Doris Charest, Charlie Miller, Jack Laibinis, Sr., Tiffany Eaton, Gilman Michaud, Kelly Dupont, Jean Bissonnette, Tanya Ziegler, Michael Connolly, Hannah Robinson, Pat Rideout, Joe Slattery, Michael Connolly, Patricia Dunn, Donald McNeil, Peter Coffin.

Sharing God's Word ~ Through Faith Formation and Pastoral Life

SENIOR LUNCHEONS RESUME: Senior luncheons are back! Please join us Thursday, February 19 at Sacred Heart in Yarmouth. Meet & Greet begins at 11:30 am, followed by lunch at noon. Open to anyone 55 and over. Invite your friends! Food is provided by volunteers attending the luncheon but not required to attend. If you'd like to bring a dish to share, please contact Kim Lovett, (207) 553-7042 or kim.lovett@portlanddiocese.org. You may also contact Kim with any questions.



ST. BLAISE AND THE BLESSING OF THROATS: Each year, near February 3, the Feast of St. Blaise, our Parish offer the Blessing of the Throats. Traditionally, candles that were blessed on Candlemas (February 2) are crossed against the throat while the priest or another designated minister prays: "Through the intercession of St. Blaise, bishop and martyr, may God deliver you from ailments of the throat and from every other evil: in the name of the Father, and of the Son, and of the Holy Spirit. Amen." Saint Blaise was a bishop who was martyred in Armenia in 316. According to legend, he was an excellent physician in his hometown of Sebastea and studied many of the great philosophers. When the Bishop of Sebastea died, Blaise was chosen to replace him, and many are said to have come to him seeking spiritual and physical healing. According to legend, either while on his way to prison or while in prison, a mother came to him because her young son had a fish bone lodged in his throat. Upon Saint Blaise's prayers, the child was able to cough up the bone. That is why he is considered the patron saint for relief from throat ailments. Our priests will offer the opportunity to bless throats after Masses offered for February 8.



MAINE CATHOLIC PODCAST WITH BISHOP RUGGIERI: Bishop Ruggieri discusses paragraphs 101 to 184 of the Catechism of the Catholic Church. He explains how the Sacred Scriptures are essential to our faith and the life of the whole Church. The Bible is not a "dead letter" but the truly living Word of God. You can stream this episode on Spotify, Apple Podcasts, YouTube, and on the POTHE homepage. Full transcripts of each podcast are available on portlanddiocese.org/podcasts. Click on each episode to listen or to read.



FAITH SHARING: All are welcome to participate in our Faith Sharing group, now in its third year. What is faith sharing? Faith sharing involves intentionally discussing our experience of God in a small group without debate, advice giving, or problem solving. This intentional sharing helps us to grow closer to God through seeing the movement of the Holy Spirit in others' lives. Through this sharing, we know that we are not alone – others have experienced the consolations and desolations, the ups and downs of our faith life. Our group is led by Fr. Brian Conley, SJ. Attendees are provided with two aids for contemplation: a scriptural passage from one of the Gospels and a guided Examen (some refer to this as an examination of consciousness). A brief period of silent prayer is followed by an invitation for each participant to share the fruit of their prayer (there is no requirement to share). If there is time, group members are invited to share how they have been moved by what they heard from others. We refrain from commenting on what others have said or from giving advice. A new round of faith sharing will begin on February 10, and will continue meeting the second Tuesday of each month through May, in Our Lady of Hope Parish Hall on Ocean Avenue, Portland. All are invited to a social time over light snacks beginning at 6:30 pm. Faith Sharing begins at 7 pm and ends promptly by 8 pm. All are welcome to come and participate. No commitments are necessary. Our faith-sharing group is sponsored by our ACTS Ministry. FMI, Peter at (207) 329-5889.



MAINE CATHOLIC WOMEN'S CONFERENCE: On Saturday, April 18, 2026, the diocese welcomes Christine Eberle as the keynote speaker for the annual Maine Catholic Women's Conference, *Walking Together in Faith and Doubt*, which will touch on the importance of community during both the joyful and sorrowful seasons of our lives. The day will include talks from Christine, witness talks, a chance to shop local Catholic vendors, and opportunities for Confession. The day will conclude with Mass. The conference will be held at St. John's Community Center In Brunswick. Registration is now open! Registration is \$75. Register today at portlanddiocese.net/womens-conference.

MAINE CATHOLIC MEN'S CONFERENCE: Registration is now open for the 2026 Maine Catholic Men's Conference! In addition to St. John's Community Center in Brunswick, a second location has been added at the John J. Harris Hall in Presque Isle. The keynote address from Fr. Sebastian White, O.P. will be livestreamed from Brunswick, but all other activities will be in person, including Mass at Nativity of the Blessed Virgin Mary Church. The March 7 event runs from 9 am to 5 pm in each location. The cost is \$50, which includes lunch. A family rate of \$65 is available for a father and high school-aged son. Register today at portlanddiocese.net/mens-conference.

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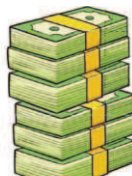
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Parochial Vicar:
Fr. Joseph Jum



Senior Priest:
Fr. Peter Kaseta, O.F.M. Cap.



Senior Deacon:
Dennis Popadak

OUR FAITH FORMATION AND ADMINISTRATIVE STAFF



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Nicole Clavette



Bookkeeper:
Terrie Casavant



Director of Pastoral
& Liturgical Life:
Regina des Rosiers



Facilities
Maintenance
Manager:
Steve Tuttle



Director of
Communications &
Technology:
Joyce Hale



Director of
Faith Formation:
Joe Moreshead



Coordinator of
Sacraments:
Kim Lovett



Coordinator of
Family Life:
Kalee Gwarjanski



Faith Formation
Assistant:
Kate Scott



Director of
Sacred Music:
Jen Runge

Our Mission

We are the Parish of the Holy Eucharist, a Catholic community called to discipleship, seeking deeper communion with God, each other, and our neighbors by celebrating the Sacraments, sharing God's Word, and serving all in need.

Our Churches

Holy Martyrs: 266 Foreside Road, Falmouth

Sacred Heart: 326 Main Street, Yarmouth

St. Gregory the Great: 24 N. Raymond Road, Gray

St. Jude: 134 Main Street, Freeport

Our Parish Office

Address:

Parish of the Holy Eucharist
266 Foreside Road
Falmouth, ME 04105

Phone: (207) 847-6890

E-mail: pothe@portlanddiocese.org

Website: pothe.org

Our Cemetery

Holy Cross Cemetery

75 Smith Street, Yarmouth
(207) 773-5796

Our Eucharistic Adoration Schedule

Monday:

12:00 pm - 8:00 pm Holy Martyrs (except holidays)

Friday:

8:30 am - 9:30 am St. Gregory the Great
3:00 pm - 6:00 pm St. Jude

Saturday:

8:45 am - 9:45 am Sacred Heart

Our Confession Schedule

Saturday:

8:00 am Holy Martyrs, 1st Saturday of the month
8:45-9:45 am Sacred Heart
2:30-3:30 pm Holy Martyrs and St. Gregory the Great

Or by appointment

Our Mass Schedule

Sunday Masses	Daily Masses
Saturday (Anticipatory):	Monday:
4:00 pm Holy Martyrs	8:00 am Sacred Heart
4:00 pm St. Gregory the Great	12:15 pm Saint Jude
Sunday:	Tuesday:
8:00 am Sacred Heart	7:30 am Holy Martyrs
8:30 am Holy Martyrs	Wednesday:
8:30 am St. Gregory the Great	7:30 am Holy Martyrs
9:30 am St. Jude	Thursday:
10:30 am Holy Martyrs	8:00 am Sacred Heart
11:00 am Sacred Heart	Friday:
5:30 pm Holy Martyrs (quiet Mass)	7:30 am Holy Martyrs
BULLETIN SUBMISSIONS:	8:00 am St. Gregory the Great
Items are due 10 days prior to publication. Submit to pothe@portlanddiocese.org .	Saturday:
	8:15 am Sacred Heart
	9:00 am Holy Martyrs 1 st Sat. of the month

Sacramental and Pastoral Care

Becoming Catholic: Please contact

pothe.faithformation@portlanddiocese.org

Sacrament of the Anointing of the Sick: Please call the parish office with the name, condition, address, and phone number of the person who is in need. **If calling after hours**, when voicemail message begins, press 7 to leave a message for the on-call priest.

Communion to the Homebound: Please email Regina des Rosiers, pothe.liturgy@portlanddiocese.org.

Sacrament of Baptism for Infants: Please contact our parish office to begin the process.

Sacrament of Matrimony: Please contact the parish office at least 6 months in advance of the desired date of your wedding.

Making Funeral Arrangements: Please contact the funeral home, and they will assist you in making arrangements for the church.