

Sunday,
February 8,
2026

PARISH OF THE HOLY EUCHARIST



St. Blaise
Blessing of
Throats



February
7/8

The Blessing of Throats

This Weekend!

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.

5TH SUNDAY IN ORDINARY TIME

“You are the light of the world. A city set on a mountain cannot be hidden.” -Matthew 5: 14

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

Door Collection
for the Hungry

After Masses this Sunday!

Parish Calendar ~ This Week and Upcoming

Saturday	Sunday	Monday	Tuesday
<p>7 Saturday Memorial of the Blessed Virgin Mary</p> <p>That Man is You 7 am <i>Sacred Heart</i></p> <p>First Saturday Confession & Rosary 8 am <i>Holy Martyrs</i></p> <p>Eucharistic Adoration & Confession 8:45 - 9:45 am <i>Sacred Heart</i></p> <p>Latin Mass 9 am <i>Holy Martyrs</i></p>	<p>8 5th Sunday in Ordinary Time</p> <p>Choir Rehearsal 8 am <i>St. Jude</i></p> <p>CGS 9:30 am <i>Holy Martyrs</i></p> <p>Sacramental Prep 9:30 am <i>Sacred Heart</i></p>	<p>9</p> <p>AA Meeting 10:30 am - 12 pm <i>St. Gregory the Great</i></p> <p>Eucharistic Adoration 12 - 8 pm <i>Holy Martyrs</i></p> <p>Youth Schola 4 pm <i>Sacred Heart</i></p> <p>Cub Scout Meeting 5:30 pm</p> <p>Boy Scout Meeting 6:30 pm <i>Sacred Heart</i></p> <p>ACTS Women's Retreat Team Meeting 6 - 8:30 pm <i>Holy Martyrs</i></p> <p>OCIA 6:30 - 8 pm <i>Holy Martyrs</i></p>	<p>10 St. Scholastica</p> <p>Centering Prayer Group 9:30 am <i>Holy Martyrs</i></p> <p>Friends in Faith 10:30 am <i>Holy Martyrs</i></p> <p>Sacramental Prep 4 pm <i>Sacred Heart</i></p> <p>Young Adult Group 6 - 8 pm <i>Holy Martyrs</i></p> <p>Choir Rehearsal 6:45 pm <i>Holy Martyrs</i></p>
Wednesday	Thursday	Friday	Saturday/Sunday
<p>11 Our Lady of Lourdes</p> <p>Social Justice Committee 6 - 8 pm <i>Virtual</i></p> <p>Choir Rehearsal 4:45 pm <i>St. Gregory the Great</i></p>	<p>12</p> <p>Meals on Wheels 8 am - 12:30 pm <i>St. Jude</i></p> <p>Social Justice Committee 6 - 8 pm <i>Holy Martyrs</i></p> <p>She shall be called Woman (SHE) 7 - 8:30 pm <i>Sacred Heart</i></p> <p>AA & Al-Anon Meeting 7 - 8:30 pm <i>St. Gregory the Great</i></p>	<p>13</p> <p>Eucharistic Adoration 8:30 - 9:30 am <i>St. Gregory the Great</i></p> <p><i>St. Jude</i></p> <p>Making Music, Praying Twice 10:30 am <i>Holy Martyrs</i></p> <p>Vespers for the Dead 6 pm <i>Sacred Heart</i></p> <p>Purgatorial Society Mass 6:30 pm <i>Sacred Heart</i></p> <p>AA Meeting 6:30 - 9:30 pm <i>Sacred Heart</i></p>	<p>14 Sts. Cyril & Methodius</p> <p>That Man is You 7 am <i>Sacred Heart</i></p> <p>Eucharistic Adoration & Confession 8:45 - 9:45 am <i>Sacred Heart</i></p> <p>St. Valentine Ball 5 - 8 pm <i>Holy Martyrs</i></p> <p>15 6th Sunday in Ordinary Time</p> <p>Choir Rehearsal 8 am <i>St. Jude</i></p>

Mass Intentions for February 7 to February 15

<p>Saturday, February 7</p> <p>8:15 am SH Fr. J †Cecelia Rusinek by Ken & Karen Rusinek</p> <p>9:00 am HM VP †Johann & Rosa Regler by their daughter, Margarita</p> <p>4:00 pm HM VP †Yvonne Tardy by her children</p> <p>4:00 pm SGTG Fr. J †Doris L. Mathew, OFS by Joe Mathew, OFS & family</p> <p>Sunday, February 8</p> <p>8:00 am SH VP *All POTHE Parishioners</p> <p>8:30 am HM Fr. K †Heather Hewett by John Flaherty</p> <p>8:30 am SGTG Fr. J †Bernie Bernardo by the Boulos family</p> <p>9:30 am SJ VP †Margaret Grover by Mark Grover</p> <p>10:30 am HM Fr. K †Fernande Leblond</p> <p>11:00 am SH Fr. J †William Brown by Joan Brown</p> <p>5:30 pm HM VP †Michael L. Barretti Sr. by Dina Lattanzi</p> <p>Monday, February 9</p> <p>8:00 am SH Fr. J †William Reed by Margie Reed & family</p> <p>12:15 pm SJ Fr. C †David Stauss by Maureen Barr</p> <p>Tuesday, February 10</p> <p>7:30 am HM Fr. C †Irene Daborowski by Karen & Ken Rusinek</p> <p>Wednesday, February 11</p> <p>7:30 am HM Fr. C †Michael R. Dilworth by Edward & Susan Dilworth</p>	<p>Thursday, February 12</p> <p>8:00 am SH Fr. J †Dennis & Connie Mulherin by Mary Mulherin</p> <p>Friday, February 13</p> <p>7:30 am HM Fr. J †Dorothy V. Martino by Matt Martino</p> <p>8:00 am SGTG Fr. C †Fabio Benedetti by the Bearse family</p> <p>6:30 pm SH Fr. C †Enrolled Souls of the Purgatorial Society</p> <p>Saturday, February 14</p> <p>8:15 am SH Fr. J †Charles M. Belisle by his children & grandchildren</p> <p>4:00 pm HM Fr. J †Joan & Robert Walsh</p> <p>4:00 pm SGTG Fr. C †William L. Keith Sr. by Mary Keith</p> <p>Sunday, February 15</p> <p>8:00 am SH Fr. J †Alice Waylein by Sheila Anderson & family</p> <p>8:30 am HM Fr. C *All POTHE Parishioners</p> <p>8:30 am SGTG Fr. K †Joelyn Cartwright by Dave & Sue Therrier</p> <p>9:30 am SJ Fr. J †Maryhelen Rice by Gretchen Sayward</p> <p>10:30 am HM Fr. C †Robert & Esther Sedzia by their family</p> <p>11:00 am SH Fr. K *Special Intention for Mary & Josh by the Madore Family</p> <p>5:30 pm HM Fr. J †Deceased members of the Connor family by John & Judith Fallon</p> <p>NH—Nursing Home VP—Visiting Priest *Special Intention †Deceased HM—Holy Martyrs, SJ—St. Jude, SGTG—St. Gregory the Great, SH—Sacred Heart</p>
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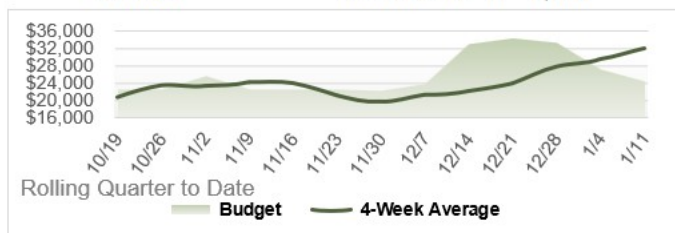
Sharing God's Word ~ Through Stewardship and Pastoral Life

Stewardship of Treasure

Week ending on January 11, 2026 : \$30,802

Fiscal Year Ending 6/30/26 Year-to-Date Offertory Surplus/(Shortfall) : \$ (6,111.59)

4-Week Average: \$31,985 Budget: \$ 24,325
Surplus/(Shortfall): \$ 7,660



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.

CONGRATULATIONS! The winners of the Knights of Columbus, Keep Christ in Christmas, poster contest were sent to the state level, and we were just notified that Penelope was selected as the first place winner for first/second graders. Her poster is now going to the national level for judging.

ST. VALENTINE BALL: Our annual St. Valentine Ball will be held on February 14 at Holy Martyrs from 5-8 pm. Enjoy dinner and dancing with those you love at this family event! Tickets include a buffet dinner, live DJ, and professional family portrait. Tickets are on sale now and are expected to sell out. The cost to attend is \$10/person or \$35/family. To purchase tickets, visit, pothe.org.

St. Valentine
Ball
Feb 14, 2026

PASTOR'S PONDEROSA

My Dear Parishioners,

On January 27, our parish held its first Finance Council meeting of 2026. One of my responsibilities as your pastor is to ensure that you are kept informed about the financial health of our parish. Transparency builds trust, and trust strengthens our shared mission.

First and foremost, I want to express my sincere gratitude for your continued generosity. Your faithful giving is not simply about balancing budgets. It sustains the spiritual, sacramental, and charitable life of the Parish. Because of you, the Holy Sacrifice of the Mass is offered reverently, our ministries continue to serve those in need, our children are formed in the faith, and our parish remains a vibrant home for many. There is a lot of good news to share.

Our December offertory totaled \$123,486, just slightly below budget of \$124,184 and \$12,000 below the prior year December 2024 which was \$135,446. However, our Mass attendance trends are positive year-over-year, which is always one of the healthiest indicators of parish vitality. Year-to-date offertory collections stand at \$588,895, approximately even with last year and only about 2% below budget. Meanwhile, additional operating donations have exceeded expectations, coming in over \$12,000 ahead of budget, and other operating income has increased significantly, nearly 58% higher than last year.

Taken together, these numbers tell an important story: despite economic uncertainty, this parish continues to respond with remarkable faith and generosity.

As a result, our total operating income is currently ahead of budget, and careful stewardship of expenses has positioned us well. Both staffing costs and operating expenses are notably below budget, not through cutting mission, but through thoughtful management and a renewed emphasis on responsible spending. I am grateful to my staff for their diligence in this area.

The most encouraging figure is our current bottom line. Year-to-date operating net income is \$59,617, compared to a projected loss. This represents a significant improvement over last year. However, prudence requires a look ahead.

Two expected revenue challenges face us in the second half of the fiscal year. Income from the Freeport parking lot has ceased due to actions by the Town, and we are still seeking a tenant for the lower level of the Sacred Heart rectory. We are actively working toward solutions, including exploring the possibility of reinstating parking services at St. Jude.

On a very positive note, our parish fundraising efforts have been outstanding. The Advent Fair raised over \$12,000, well ahead of expectations, and the Clam Festival was similarly successful, both clear signs of both generosity and strong community engagement.

Please know that I am deeply grateful for your sacrifices, your love for this parish, and your commitment to our shared future. Together, we are not merely maintaining a parish, we are building a spiritual home where Christ is encountered and lives are transformed. —Fr. Cartwright

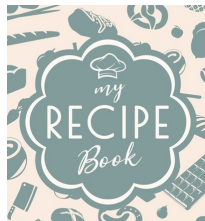
Called to Discipleship ~ Through Faith Formation and Pastoral Life

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.

SAVE THE DATE—WOMEN'S ACTS RETREAT: Mark your calendars for Thursday evening, April 23 to Sunday morning, April 26. Get away from your busy schedule and join women like yourself, who are seeking God's answers to life, family, and eternity. This weekend will strengthen your faith, renew you spiritually, and begin friendships with some amazing women. Parish of the Holy Eucharist and Old Lady of Hope Parish are collaborating to offer this lay-led ACTS Retreat. All women aged 21 and older are encouraged to attend. FMI: Check the website at pothe.org/acts-retreat or contact Kim Lovett in the Parish Office at (207) 553-7042.



PARISH COOKBOOK: We are looking to form a committee to produce a parish cookbook. Are you experienced in artwork, culinary arts, marketing, or computer skills? Even if you just want to help, no specific skills are needed. We'd love to have a group come together to see this project through and have fun doing it! FMI contact Kim Lovett at the Parish Office, (207) 553-7042.



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.



MAINE CATHOLIC WOMEN'S CONFERENCE: On Saturday, April 18, the diocese will host the Maine Catholic Women's Conference, *Walking Together in Faith and Doubt*, at St. John's Community Center In Brunswick. Registration is \$75. To register, visit, <https://portlanddiocese.net/womens-conference>.

MAINE CATHOLIC MEN'S CONFERENCE: Registration is open for the Maine Catholic Men's Conference at the St. John's Community Center in Brunswick on March 7. The cost is \$50 per person or \$65 for a father and high school-aged son. Visit, portlanddiocese.net/mens-conference.

PRAYER CORNER

Saturday, February 7	Our Holy Father Rev. Nsame Venatius
Sunday, February 8	Bishop Emeritus Robert P. Deeley, JCD
Monday, February 9	Rev. Hoa Tien Nguyen Msgr. Frank J. Murray
Tuesday, February 10	Rev. Reginald R. Brissette All Priests
Wednesday, February 11	Rev. Robert A. Parent Rev. James R. Albert
Thursday, February 12	Rev. Richard C. McLaughlin Rev. Sefembiy F. Justin
Friday, February 13	Rev. Daniel J. Baillargeon Rev. Steven G. Cartwright
Saturday, February 14	All Priests
Sunday, February 15	Our Holy Father

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; 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

LENT APPROACHES: Lent is a time of penitential preparation for Easter. This season is meant to be a time of repentance, fasting, and almsgiving, as a way to connect deeper with God. It is an opportunity for Christians to reflect on their lives, recognize their faults, and open themselves to the grace of the Resurrection. The 40 days of Lent symbolize a period of trial, purification, and preparation for something new, offering an opportunity for renewal and transformation. POTHE will offer opportunities to observe Lent this year starting with Ash Wednesday Masses and a midday service for the distribution of Ashes on February 18. As in previous years, Stations of the Cross will be prayed every Friday in Lent. This year, Stations will also be prayed every Friday at Sacred Heart at 12:15 pm. We invite you to begin planning how to observe this penitential season that the Church gives us to grow closer to our Lord.

MASSES AND DISTRIBUTION OF ASHES

8:00 am Sacred Heart
8:00 am St. Gregory the Great
Sacred Heart
12:15 pm Sacred Heart (Liturgy of the Word
and ashes only)
5:30 pm Holy Martyrs
6:00 pm St. Jude



DAILY MASS SCHEDULE DURING LENT

Monday	Wednesday
8:00 am Sacred Heart	7:30 am Holy Martyrs
12:15 pm St. Jude	Thursday
Tuesday	8:00 am Sacred Heart
7:30 am Holy Martyrs	Friday
5:30 pm Sacred Heart	8:00 am St. Gregory the Great
	5:30 pm Holy Martyrs

FRIDAY—STATIONS OF THE CROSS

Sacred Heart—NEW THIS YEAR!

12:15 pm

St. Jude

5:30 pm (followed by a simple supper)

St. Gregory the Great

6:00 pm (followed by a simple supper)

Holy Martyrs

6:30 pm (following 5:30 Mass and then a simple supper)

PARISH READ

This year, our parish is reading, *40 Days to Peace and Union with God—A Journey in Prayer Through the Daily Gospels*, by Fr. Bartunek. Books will be available at each of our churches beginning Sunday, February 15. We ask for a \$3 donation to help defray the cost.

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.



FRANCISCAN UNIVERSITY WORKSHOPS AT HOME:

Our Diocese has partnered with Franciscan University! Learn more, deepen your faith, and grow in love for Christ and His Church. Franciscan at Home offers over 230 workshops are free to all with unlimited access. Sign up for free on FranciscanAtHome.com today. These workshops are available right now. Every parish in the Diocese of Portland is already registered and waiting for parents and parishioners to join. Simply create your account, then choose from hundreds of courses, workshops, and tracks, in English or Spanish, available through Franciscan at Home. Visit, FranciscanAtHome.com/free-institution-signup or scan the QR code.

FRANCISCAN AT HOME
Online learning at your convenience



LECTURE SERIES: Joe Moreshead will give a series of three classes titled, *Caught in the Crossfire: Catholic Missionaries in the French and Indian Wars*. How did European priests navigate being caught in the middle of an international conflict with local tribes in inland Maine, New Brunswick and Nova Scotia, and how are we to evaluate their actions? Class will take place in the hall of Sacred Heart from 11 am until 12 pm on March 13, 20, and 27.

Parish Information ~ Celebrating the Sacraments

OUR PRIESTS AND DEACON



Pastor:
Fr. Steven Cartwright



Parochial Vicar:
Fr. Joseph Jum



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



Senior Deacon:
Dennis Popadak

OUR FAITH FORMATION AND ADMINISTRATIVE STAFF



Business
Coordinator:
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.