

Blessed are
the poor in spirit;
the kingdom of heaven
is theirs!



ST. PAUL PARISH • FEBRUARY 1, 2026

216 NASSAU STREET • PRINCETON, NJ • 08542 • 609-924-1743 • WWW.SPP.CHURCH

WELCOME HOME



PASTOR
FR. CHRIS DAYTON
pastor@stpaulsofprinceton.org



PAROCHIAL VICAR
FR. KERLY FRANÇOIS
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COORD. OF OCIA
DCN. FRANK CRIVELLO
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PARISH MINISTRY
DCN. JOHN ITALIA
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MARRIAGE PREP
DCN. JIM KNIPPER
jknipper@stpaulsofprinceton.org

OUR PARISH MISSION

We, the Catholic Community of Saint Paul in Princeton, honor our tradition of welcoming God's sons and daughters from different cultures and backgrounds to hear and live the Good News of Our Lord Jesus Christ.

Baptized and formed into the people of God, we continue to grow in the Apostolic tradition of worship, word, and service: Worship through our participation in the Eucharist and celebration of sacraments; Word, in our commitment to Catholic identity through Scripture and catechesis; and Service through living as disciples who share God's love with all by working together for peace and justice to advance the coming of the Kingdom of God.

CONNECT WITH US



WEBSITE/LIVE STREAM
stpaulsofprinceton.org



FACEBOOK
[@spp.church.princeton](https://www.facebook.com/spp.church.princeton)



INSTAGRAM
[@spp.church](https://www.instagram.com/spp.church)



FLOCKNOTE
sppchurch.flocknote.com/ThisWeekStPaul



609-924-1743
Office Phone



609-924-7510
Office Fax

RECEPTION HOURS

MON, WED-FRI: 9:00am-4:00pm*
TUE: 10:30am-4:00pm*
**Closed for lunch 12:00pm-12:45pm*

REGISTER AT OUR PARISH



MASS TIMES

DAILY(MON-SAT) 8:15am*
(MON-FRI) 12:10pm

SATURDAY 5:30pm

SUNDAY 8:30am, 10:00am*
11:30am, 5:00pm
1:00pm en español

**INDICATES A LIVE STREAMED MASS*

DAILY ROSARY

MON-SAT 9:00am

FOLLOWING 8:15AM MASS IN CHURCH
OR VIA ZOOM (SCAN TO JOIN)



RECONCILIATION

SATURDAY 4:00pm

AND BY PRIVATE APPOINTMENT

ANOINTING OF THE SICK

The Sacrament of Anointing of the Sick is available by scheduling an appointment.

Please contact Monica Heucke:
mheucke@stpaulsofprinceton.org

EUCCHARISTIC ADORATION

SATURDAYS 7:00am-8:00am

FIRST FRIDAYS 9:00am-12:00pm

Bulletin Section
of Website

Scan here to visit our Weekly Bulletin site which includes
our Mass Intentions, sacrament celebrations, and more!



ADMINISTRATION

PARISH STAFF

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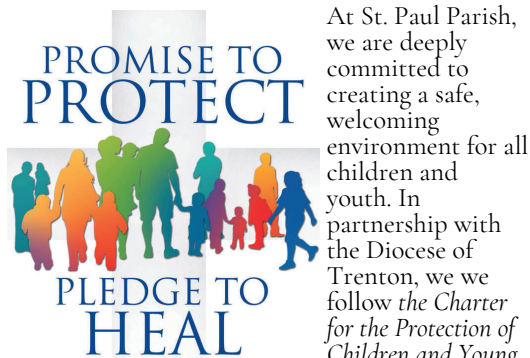
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Yani Reyes RECEPTION
frontdesk@stpaulsofprinceton.org



People by requiring background checks and VIRTUS training for all clergy, staff, and volunteers. If you are new to a parish ministry or feel called to serve, we would love to have you join us! Together, we can keep our parish a place where every child feels safe and supported. To get started with the VIRTUS process, please email Jaime at SafeSpace@stpaulsofprinceton.org.

Interested in getting involved in a parish ministry? Please be sure to check the website or browse the bulletin for the right ministry head or staff member to reach out to. Become a part of our parish's flourishing!

SUPPORT ST. PAUL PARISH

The fastest and most secure way to give online is through Parish Giving. Autopay options ensure you never need to remember your envelopes again! Not enrolled yet? Scan the QR code here to set up your account:



Are you visiting St. Paul Parish this weekend? We are so thrilled to worship with you! Interested in making a one-time gift? Scan the QR code here:



STEWARDSHIP REPORT

GIVING 1/17-1/18

\$24,000

Budget

\$8,027

Identifiable Gifts

\$2,644

Loose Cash

\$8,949

Online Giving

\$19,620

2025-2026 YTD

\$696,000

Budget

\$376,208

Envelopes/Loose Cash

\$345,946

Online Giving

\$727,154

102.5%

2024-2025 YTD

\$696,000

Budget

\$350,892

Envelopes/Loose Cash

\$309,600

Online Giving

\$660,492

94.9%

AN UPDATE ON LAST YEAR'S ACA *the 2025 Annual Catholic Appeal*

Thanks to the extraordinary generosity of our parishioners, St. Paul Parish has once again met and exceeded our Annual Catholic Appeal goal, reaching our target by the early deadline and increasing parish participation by 5 percent over last year. Because of this strong response, our parish has secured a rebate of more than \$100,000 from the Diocese, funds that will directly support our own ministries and pastoral needs. The Annual Catholic Appeal not only sustains the Bishop's initiatives to grow and strengthen the faith throughout the Catholic heart of New Jersey, but also returns vital resources to our parish community. We are deeply grateful to all who gave so generously and made this achievement possible.

A COMMUNITY OF PRAYER

MASS INTENTIONS

5:30pm Maryanne & James Timothy O'Neill | Kathy & Mike Havardansky

Sunday / 4th Sunday in Ordinary Time

8:30am William D. Young | Laura, Joe, Mary, and Kerri

10:00am The People of the Parish

11:30am Mary Lisa | The Russo Family

1:00pm Spanish Intentions

5:00pm Giovanni Cifelli | Michael & Gemma De Santis

Monday / Feast of the Presentation of the Lord

8:15am Richard O. Funsch | The Patterson Family

12:10pm Anna Kost | Macaulay Family

Tuesday

8:15am Russell McGinn | Corcoran Family

12:10pm Dennis Murphy | Peggy & Joe Conway & Family

Wednesday

8:15am Donna Marie Mullelly | Rev. Christopher J Dayton

12:10pm Fred & Nada Monsees | Wayne & Joyce Monsees
Matilde Petrecca | Her Family

Thursday / Mem. of St. Agatha

8:15am Robert Hutchinson | Hutchinson-Hillsdon Family
Elizabeth Healey | Walter & Mary Bliss

12:10pm Ethel Schembri | Laura, Joe, Mary and Kerri
Dr Patrino Ann Seminara | Leah Reigle

Friday / Mem. of St. Paul Miki & Companions

8:15am Mark Edward Durma | Jumana Soudah, Anna, Mathew, and Kate

12:10pm James, Robert & Rita Murray | Mary Ann Cavallaro
Charles Verano | Lee and Linda Brennan

Saturday

8:15am Father Thomas Puthenpura | Matthew Varkey

OUR SICK

Bob | Judith Akers | Molly Carter | Chrissy DeLuca | Eileen Dormouth | Dick Graham | Rob Ingram | Fidelis Machado | Colette McGregor | Ann Menendez | Hanna Paczynska | Doris Paetow | Mary Agnes Procaccini | Anna Marie Revilla | Dan Roach | Annmarie Sabb | Christopher Joseph Stull

**If you would like your loved one added to the sick list, please email bulletin@stpaulsofprinceton.org*

FEB. WEDDINGS

Juliana Castronovo & Vincent Sanzone
Kristina Scheckel & Timothy James Yuhus

APR. WEDDINGS

Anne Elizabeth Woolley & Thomas Michael Devlin

MAY WEDDINGS

Jennifer Anne Birkland & Raymond John Molnar

INTENTIONS OF POPE LEO *For prayer with the Word of God*

Let us pray that praying with the Word of God be nourishment for our lives and a source of hope in our communities, helping us to build a more fraternal and missionary Church.

For children with incurable diseases

Let us pray that children suffering from incurable diseases and their families receive the necessary medical care and support, never losing strength and hope.

WEEKLY WORSHIP

THIS WEEK'S READINGS

Sunday February 1, 2026

Today's readings can be found on page 660 of the hymnal. Please visit the livestream section of our website for more resources about this week's Mass.



FOCUS ON THE READINGS

4th Sunday in Ordinary Time

Through the prophet Zephaniah the Lord informs his people that he will guard and care for the humble and those who take refuge in his holy name. In the second reading, Paul writes that the Lord chooses to call those who seem foolish, weak, and despised in the eyes of the world. In the Sermon on the Mount, Jesus proclaims the beatitudes to the crowds.

FROM THE PASTOR'S DESK

A message from Fr. Chris Dayton

This Sunday we hear one of the most familiar—and most challenging—passages in all of Scripture: the Beatitudes. Jesus goes up the mountain, sits down like a teacher, and begins to describe what a blessed life really looks like. Almost immediately, he turns our expectations upside down.

“Blessed are the poor in spirit.”

“Blessed are the meek.”

“Blessed are those who mourn.”

None of these sound like the qualities we usually associate with success or happiness. Our world tells us that blessing comes from strength, achievement, independence, and having the last word. Jesus, however, points us in a different direction. He calls “blessed” those who know their need for God, those who are gentle rather than forceful, and those whose hearts remain open even in suffering.

The Beatitudes are not a checklist or a set of moral demands. They are first a portrait—Jesus describing his own heart and the kind of life that flows from staying close to him. They remind us that God's kingdom belongs not to the self-sufficient, but to those who make room for God. Holiness, in the end, is not about having it all together; it is about trusting God enough to let Him lead us.

As we continue our journey through Ordinary Time, this Gospel invites us to look honestly at our own lives. Where do we place our security? What voices shape our idea of success? And where might the Lord be gently calling us to live differently—to choose mercy over resentment, humility over pride, faithfulness over recognition?

In many ways, we saw the spirit of the Beatitudes lived out this past week during Catholic Schools Week. Despite snow, schedule changes, and a few necessary adjustments, it was a joyful and successful week for our school community. That joy was made possible by the leadership, flexibility, and dedication of our faculty and administration, especially Mrs. Clauss and Mrs. Rooney, whose care for our students allowed the week to unfold beautifully.

May this week be an opportunity to let the Beatitudes sink in, not as distant ideals, but as a path we walk one step at a time. And may we come to see that true blessing is found not in climbing higher, but in drawing closer to Christ and to one another.

I hope everyone has a great week and always know of my prayers for each of you.

In His peace,

Fr. Chris Dayton
Pastor

COMMUNION HYMN

These Alone Are Enough



1. Take my heart, O Lord, take my hopes and
2. Take my thoughts, O Lord, and my mem - o -
3. I sur - ren - der, Lord, all I have and
4. When the dark - ness falls on my fi - nal



1. dreams. Take my mind with all its plans and
2. ry. Take my tears, my joys, my lib - er -
3. hold. I re - turn to you your gifts un -
4. days, take the ver - y breath that sang your



1. schemes.
 2. ty.
 3. told.
 4. praise.
- } Give me noth - ing more than your love and



1-4. grace. These a-lone, O God, are e-nough for me.

PARISH LIFE

MINISTRY SUNDAY

Sunday, February 1

Join us for Ministry Sunday, a long-standing parish tradition and a wonderful opportunity for both new and current parishioners to meet our ministries and learn about the many ways our parish serves the community. Ministry Sunday will take place after all morning Masses, concluding before the 1:00pm Spanish Mass, in the Spiritual Center on Sunday, February 1. Stop by after Mass and discover how you can put your faith into action by getting involved and serving others.

COFFEE & DONUTS

Following Sunday morning Masses

Following all Sunday morning Masses on February 8, parishioners are invited to the Spiritual Center for coffee and donuts. Please join us for complimentary refreshments and an opportunity to connect with fellow members of our parish community.

BIBLE STUDY

Select Letters of St. Paul

The winter/spring program of our Bible Study ministry will focus on reading and discussing selected letters of St. Paul to early Christian communities. Often regarded as the foremost missionary, pastor, and theologian in the history of Christianity, St. Paul's words continue to speak powerfully to us today, especially through the second reading at most Sunday Masses. Together, we will explore the source of that enduring power.

Beginning January 28, participants may choose to meet weekly on Wednesday mornings from 10:00–11:30am in the St. Paul Spiritual Center or on Thursday evenings from 7:00–8:30pm via Zoom. Each session opens with a video lecture by a biblical scholar, followed by guided discussion of the week's reading. There is no cost to participate, and all are welcome.

For more information or to register, please contact Chuck Balestri at cbalestri1@gmail.com or 609-921-0279.

WALKING WITH PURPOSE

Friendship and Fellowship for Women

Meetings are held in the Spiritual Center, Rooms 1 and 2, on the second and fourth weeks of each month. Women are welcome to join at any time. For more information, please email Laura Sarubbi at lsarubbi@stpaulsofprinceton.org. All women are welcome!

Wednesdays: 7:30pm–9:00pm; Keeping in Balance
Fridays: 10:30am–12:00pm: Grounded in Hope

MARIAN DEVOTION

Our Lady of Lourdes

Parishioner Leah Reigle is sharing a cherished statue of Our Lady of Lourdes with our parish family. Brought home from the Philippines in 1995, the statue has since been welcomed into many homes and churches, including St. Paul Parish. With her feast day approaching, the statue will be displayed near the Blessed Mother altar for prayer and the offering of flowers. Details will be shared soon.

FEELING RESOLUTE?

Hallow + St. Paul Parish Partnership

As we continue our journey through Ordinary Time, the Church invites us to deepen the everyday rhythms of our faith. St. Paul Parish invites you to strengthen your prayer life through our partnership with Hallow, the #1 Catholic prayer app. Hallow offers guided prayer and meditation rooted in our Catholic faith, helping us grow closer to God and find moments of peace in daily life.

Parishioners are invited to join St. Paul Parish's page within the app to share prayer intentions and take part in parish-wide prayer challenges throughout the year. Both paid subscribers and free users are welcome, and a special trial is available for those who wish to explore the full experience. To join, visit hallow.com/parish, search for St. Paul Parish using zip code 08542, and follow the prompts. We look forward to praying together in the days ahead.

PARISH UPDATE

BECOME A STEWARD

of St. Paul Parish through Charitable Giving

During this season of Advent, we are filled with gratitude for the many individuals and families who have supported our parish over the years, helping to make it the vibrant and welcoming community it is today. Your generosity has been a true blessing, sustaining our mission and enriching our shared faith journey. As we reflect on all we've been given, this is also a time when many consider how to use their blessings wisely, exploring financial strategies that can benefit their community and church while leaving a lasting impact. With that in mind, we've summarized a few smart charitable giving options below for your consideration.

- **Required Minimum Distributions (RMDs):** Anyone over age 73 can use a Qualified Charitable Donation (QCD) to satisfy the required minimum distribution they must take from their IRA retirement account. Using this strategy, someone can give up to \$100,000 to the church tax-free (\$200,000 if married).
Example: Mary has a Required Minimum Distribution (RMD) of \$40,000 this year. At a 30% tax rate, Mary would owe \$12,000 in taxes. As a result, Mary decides to donate her RMD to the church and pays no taxes while still satisfying her RMD. Mary can also choose to only donate a portion of her RMD rather than the full amount to reduce her taxes proportionately.
- **Stock Donation:** Anyone can donate stock from an investment account to avoid paying capital gains tax. *Example: Mary owns \$100,000 in Nvidia stock in her portfolio. The stock has done very well since she bought it over a year ago, resulting in an unrealized gain of \$80,000. If she sells the stock, she will pay capital gains tax (for example, up to \$16,000). If Mary instead decides to donate the stock to St. Paul Parish, the parish will never need to pay taxes on the gains. Mary can also choose to donate only a portion of her Nvidia stock rather than all of it, thereby reducing her taxes proportionately.*
- **Planned Estate Bequest:** Anyone can designate St. Paul Parish as a beneficiary in their will by specifying a specific dollar amount or percentage of their estate that goes to the church after they pass away.

Please feel free to contact Steve Loughran, our Parish Financial Advisor, Merrill Lynch, Pierce, Fenner and Smith, Inc., (609) 243-6813.

A MESSAGE

from Deacon Jim Knipper

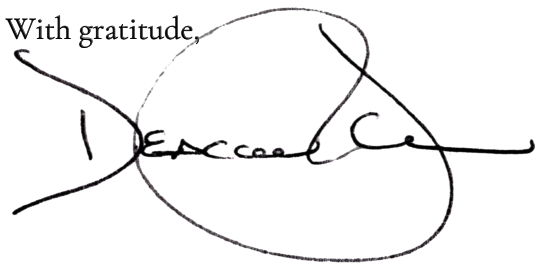
Dear Parish Family,

After much prayer and reflection, I have decided to retire from active ministry as a deacon here at St. Paul Parish. It has been one of the greatest blessings of my life to serve this faith community: proclaiming the Gospel, assisting at the altar, celebrating baptisms and weddings, walking with families in times of loss, and sharing in the daily life of this vibrant parish. The friendships, faith, and love that have surrounded me here have deeply shaped my journey as a servant of Christ.

As I step back from formal ministry, my heart is filled with gratitude for our Bishop, my brother clergy, for the dedicated parish staff, and most especially for all of you, the people of St. Paul. Your faith and generosity have been a constant source of inspiration. Though I am retiring from my official role, I will always remain part of this community and look forward to continuing to pray, worship, and grow in faith alongside you in new ways.

Please keep me in your prayers, as I will continue to hold each of you in mine. May God, who has begun this good work in us, bring it to completion in God's time and grace.

With gratitude,



Deacon Jim
jim.knipper@gmail.com



FAMILY LIFE

A HOME FOR FAMILIES

A Message from Laura Sarubbi

A few days ago, we read one of my favorite parables from Matthew 13:1–9: A farmer went out to sow his seed... Some fell along the path, some on rocky ground, some among thorns, and some on good soil.

Years ago, I realized that my purpose in this world is to be a gardener in God's garden. As someone who loves to dig in the dirt, I am always amazed by the beauty of God's creation. No matter the journey—whether with a plant or with a person—it is a blessing to help prepare the soil and watch His creation thrive.

St. Ignatius said that when your passion fulfills a need in the world, that is where God is calling you to be. I like to prepare the soil so that the Word of God—the seed—has room to grow.

What are you passionate about? Do you see a need in the world that could benefit from that passion? Could your passion help prepare the soil in God's garden?

If you've been asking yourself these questions, you're in luck—it's Ministry Sunday. Representatives from our parish ministries will be in the Spiritual Center, ready to introduce you to the call they have answered. Perhaps one will speak to your heart. Or perhaps you will be inspired to create something new.

A member of our newly formed Community Life Ministry will be there to welcome you and provide a list of all our ministries. Walk around. There's no pressure and no commitment—just an open invitation. All we ask is an open mind and an open heart.

So, are you ready to get your hands dirty? Our faith, our community, and our world depend on the soil we prepare.

EARLY CHILDHOOD

Little Hearts Playgroup and More!

Families with young children are invited to gather in the Spiritual Center for connection, shared experiences, and support in the joys and challenges of raising little ones. For more information, please contact Sara Fremin at saracweill@gmail.com, Emily Rossino at emilyc8@gmail.com, or lsarubbi@stpaulsofprinceton.org.

- Sundays 9:30–10:30am
- Fridays 10:00–11:00am

Catechesis of the Good Shepherd

Catechesis of the Good Shepherd for children ages 3–6 meets in the Atrium of the Spiritual Center on Sundays from 9:45–11:00am. Upcoming dates include January 11, 18, and 25, and February 8, 15, and 22.

MOTHER/DAUGHTER TEA

Saturday, February 7, 2026

St. Paul Parish is delighted to announce the Fourth Annual Mother–Daughter Tea for girls ages 10–13 and their mothers. This event helps mothers share their wisdom on fertility awareness, positive body image, and human dignity from a Catholic perspective. Together, we celebrate that every girl is made in the image and likeness of God, a beloved daughter of the King.

The afternoon includes an elegant tea service with sandwiches, desserts, and assorted teas, along with a three-part program: Chastity and Human Dignity, Introduction to Fertility Awareness, and a Mothers-only Panel Discussion / Daughters-only Craft Activity.

Learn more and purchase tickets here: Questions? Contact April Readlinger and Inez McGowan at wonderfullymadestpauls@gmail.com.



ST. PAUL SCHOOL

FROM THE PRINCIPAL'S DESK

A message from Mrs. Kim Clauss

Despite snow and a few necessary schedule changes, Catholic Schools Week was a joyful and grace-filled celebration of our students, faculty, faith, and school community. From special dress days, including students dressing as teachers, to spelling bees, the pep rally, service activities, and our All-School Mass, the week was filled with gratitude, laughter, and school spirit. We are especially grateful for the support and understanding of our parish community as we navigated schedule changes and pivoted our Open House. We also extend a special thank you to our SPS Student Council for their leadership throughout the week and for helping keep our broader community informed and engaged through their work on our social media channels. We warmly invite interested families to join us on February 1 to experience the "little miracle on Nassau Street" firsthand.

This is also a reminder that there will be no school on Monday, February 9, in observance of a Pastor's Holiday.

God bless,
Kim Clauss



COME AND SEE THE ST. PAUL SCHOOL DIFFERENCE...

**VISIT US DURING
CATHOLIC SCHOOLS WEEK**

Sunday, February 1, 2026 at 11:00am



A DIOCESE OF TRENTON SCHOOL OF EXCELLENCE



SCHOOL STAFF

Mrs. Kim O. Clauss PRINCIPAL
kclauss@spsprinceton.org

Mrs. Shannon Rooney VICE PRINCIPAL
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Mrs. Michele Cano ADMISSIONS & ADVANCEMENT
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Mrs. Karen DelleFave ADMIN. ASSISTANT
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Mrs. Mary Beth Wells BOARD CHAIR
spsboardchair@gmail.com

Mrs. Megan Melnick & Mrs. Jackie Franciscus PTA CO-PRESIDENTS
ptapresident@spsprinceton.org

CONNECT WITH US

 **WEBSITE**
spsprinceton.org

 **FACEBOOK**
facebook.com/spsprinceton

 **INSTAGRAM**
@spsprinceton

PHONE NUMBERS

SCHOOL OFFICE 609-921-7587

SCHOOL FAX 609-921-0264

OUR YOUNG CHURCH

FROM THE DRE'S DESK

A message from Mrs. Jaime Gostkowski

In this week's Gospel, Jesus teaches us what it really means to be happy. He shares the Beatitudes, which remind us that true happiness does not come from having the most things, being the best at everything, or always getting our way. Instead, Jesus shows us that real joy comes from loving God, being kind, helping others, forgiving, and trusting in Him.

For families, this message is especially important. In our busy lives filled with school, sports, activities, and screens, it is easy to think that happiness comes from success, popularity, or material things. But Jesus invites us to a different way, a way of humility, mercy, and love.

The Beatitudes remind us that even in difficult moments, when we feel sad, overwhelmed, or left out, God is close to us and blesses us. He promises that when we choose kindness, stand up for what is right, and care for others, we are truly living as His children.

This week, talk as a family about what makes you feel truly happy. Then choose one small way each day to live out a Beatitude. Help someone at home, include someone who feels left out, say a prayer for someone in need, or offer forgiveness. These simple choices help our families grow closer to God and discover the joy Jesus promises.

Many blessings,
Mrs. Jaime Gostkowski

ACTS OF FAITH

Passport Opportunities

Please remember that all students are expected to participate in our Acts of Faith Passport program. This applies to PREP students, Summer Academy students, and all students preparing for sacraments. For families' convenience, here are the upcoming opportunities for the coming weeks:

Sunday, Feb. 1 - SPS Open House at 11:00am (*Parish*)
Sunday, Feb. 1 - Children's Mass (*Liturgical*) with Children's Choir & Children's Liturgy of the Word (*Service for 5-8 grade students*)
Sunday, Feb. 7 - Mother - Daughter Tea (*Parish for girls in 5-7 grades*)
Wednesday, Feb. 18 - Ash Wednesday Mass (*Liturgical*)

VACATION BIBLE CAMP

For children in PreK-2nd Grade

Each summer, we offer a morning program for children in PreK–Grade 2 designed to help our youngest parishioners grow in faith and friendship. By popular request, we will be offering two separate weeks of VBC this year.

This program provides children with a joyful opportunity to grow in their relationship with Jesus while building community with their peers.

Registration will open at the end of February 2026.

Program Dates and Times:

June 22–June 26, 9:00am–12:00pm

July 6–July 10, 9:00am–12:00pm

SUMMER ACADEMY PREP

For students in 3rd-8th Grade

Our full-year Religious Education program is condensed into one intensive week and is open to students entering grades 3 through 8. It's a wonderful option for families who prefer to prioritize catechesis during the summer while remaining active in the parish throughout the year.

Students will attend full-day catechesis during the week of July 6–10 from 9:00am–3:00pm. Attendance is mandatory each day due to the intensive nature of the curriculum.

Registration will open in February 2026.

SPY (ST. PAUL YOUTH)

SPY 4:12 (8th grade Confirmation ONLY)

Our next 8th-grade SPY 4:12 session led by Mrs. Anne Marie Calderon, will take place on **Sunday, February 22**, following the 5:00pm Teen Mass in the Spiritual Center, and will conclude at 7:30pm. All 8th-grade students are asked to attend and to watch this section of the bulletin for future sessions and updates.

FRIENDS OF ST. PAUL

THE AQUINAS INSTITUTE

Princeton University Catholic Campus Ministry

We provide Princeton University students with Mass & confession on campus, small group bible studies, formation in Catholic life and thought, and vibrant student community! Check out princetoncatholic.org for more details and for upcoming events.

FRANCIS HOUSE OF PRAYER

Diocesan Spiritual Center & Retreat House

Living in the Present Moment: The Ruthless Elimination of Hurry!

Tuesday, Feb. 3 · 9:30am–1:00pm

Are you getting hints from God, others, or even your own body that it may be time to slow down? With Lent just around the corner, this morning retreat offers a meaningful jump start to a Lenten practice rooted in attention, simplicity, and living in the presence of God. Together we will explore the ten symptoms of “hurry sickness” and their cure, learning how to do one thing at a time and live more intentionally. Donation: \$30, includes materials and lunch (Zoom: \$25).

Personal Retreat Day

Wednesday, Feb. 11 · 9:30am–2:30pm

Spend a day at Francis House in silence and personal prayer, with the option for spiritual direction. The day begins and ends with brief communal prayer. Please bring a bag lunch. Donation: \$10 (\$40 with spiritual direction), in-person only.

Ash Wednesday Retreat

Wednesday, Feb. 18 · 9:30am–1:30pm

We love beginning Lent together with this annual retreat, which offers a gentle structure for the six-week journey ahead. This year’s retreat will be guided by Give Up Worry for Lent by Gary Zimak, helping shape your prayer throughout the season. A noon liturgy with the reception of ashes is included. Donation: \$40, includes lunch and book (Zoom: \$25).

Meeting Christ in Prayer

8 Mondays, Feb. 23–April 13 · 7:00pm–8:30pm

You will be invited to pray for approximately 30 minutes each day as you learn to pray more deeply, grow in friendship with God, and come to know Jesus more intimately. We will use Meeting Christ in

Prayer as our guide. Donation: \$150, Zoom only.

Pope Leo’s Apostolic Exhortation: *Dilexit Te* (“I Have Loved You”)

4 Tuesdays, Feb. 24; Mar. 3, 10 & 17 · 7:00pm–8:00pm
Lent has long been a season for intentional spiritual reading. As part of your Lenten journey, you are invited to read and reflect together on Pope Leo’s first Apostolic Exhortation, *Dilexit Te* (“I Have Loved You”), available online. Donation: \$50, Zoom only.

Please check www.FHOP.org for dates, registration, directions, and for our other offerings!

All programs will be offered online and in person unless otherwise indicated.

RETROUVAILLE

Rediscover the Love in Your Marriage

Friday–Sunday, Feb. 6–8, 2026

Tens of thousands of couples have healed their marriages through Retrouvaille (pronounced Retro-vy). If you know anyone who could benefit from this program, please pass this along. Couples learn to build communication skills and deepen intimacy while receiving support through times of difficulty or crisis.

The next program will be held in February at the Family Life Center in Malvern, PA. For more information or to register, please call 215-766-3944 or visit www.MarriageHelpDelVal.org. All inquiries are strictly confidential.

VALENTINE’S DAY GIFT

Worldwide Marriage Encounter Weekend

Looking for a meaningful Valentine’s Day gift for your spouse? A Worldwide Marriage Encounter Weekend Feb. 13–15, 2026 offers couples the time and tools to enrich their marriage, deepen communication, and renew the spiritual heart of their relationship. Step away from daily routines and strengthen the bond God has blessed. Space is limited. For information or an application, call 1-732-904-9636 (Tom & Ruth DeFalco) or visit www.wmme.org.

CAPE MAY MARIANIST

Family Retreat Center

Young Adult Retreat on *Friday–Sunday, Feb. 13–15, 2026*. Join other young adults ages 22–35, married or single, for a retreat that offers space to step back from the busyness of daily life. Together, we will reflect on our personal faith and our relationships with God, our families, and ourselves. Our time will include prayer experiences, peer group discussions, Eucharist, and moments of joy and renewal. Cost: \$150 per person; Register at www.capemaymarianists.org or call 609-884-3829. This retreat will be held at the Marianist Family Retreat Center, a peaceful seaside sanctuary in Cape May Point, NJ.

YOU'RE NOT ALONE

Walking Through Grief Together

We invite those who are grieving the loss of a loved one to participate in You're Not Alone: Walking Through Grief Together, a four-week bereavement support series offered in both a morning and an evening format. Morning sessions will meet Mondays from 10:00–11:30am on February 16 and 23 and March 2 and 9, 2026. Evening sessions will meet Mondays from 6:30–8:00pm on April 13, 20, 27, and May 4, 2026. To foster meaningful conversation and sharing, each session is limited to eight participants. More information about the series may be found at stdavidtheking.com/bereavement.

PARENT PARTNERSHIP

Supporting Families Impacted by Addiction

When parents and caregivers recognize that a loved one is struggling with substance use or addiction, it is vital to find support and understanding from those who have “been in our shoes.” Parent Partnership meetings are led by volunteers with lived experience and provide a safe, confidential, and welcoming space. You are invited to join once, occasionally, or as often as you'd like—meetings are always friendly and supportive. Parent Partnership meets on Mondays from 7:00–8:15pm in the St. Paul Parish Spiritual Center. For more information: Michelle King at mokingnj@gmail.com or 609-468-8708.

PRO-LIFE MASS

and Morning of Reflection

Holy Innocents Church in Neptune invites parishioners and friends to a pro-life morning of prayer, witness, and education in conjunction with the Spring 40 Days for Life campaign. This event seeks to deepen understanding of the Church's call to uphold the dignity of human life from conception to natural death and to highlight the power of prayer in ending abortion.

The morning will begin with a Pro-Life Mass at 9:00am, celebrated by Fr. Todd Carter, followed by guest speakers. Presentations will include a personal testimony from a Rachel's Vineyard speaker, reflections on spiritual adoption of the unborn, and an overview of pro-life education and outreach offered by LifeNet Education. Light refreshments and pro-life resources will be available.

The event will conclude with encouragement and information on participating in the 2026 40 Days for Life Campaign, which begins on Ash Wednesday, February 18. Participation opportunities are available for all comfort levels, including prayer and support from home.

Saturday, February 14, 2026
9:00am–approximately 11:30am
Holy Innocents Church
3455 West Bangs Ave., Neptune, NJ

All are welcome. Families, young adults, and CYO members are especially encouraged to attend.

ORGANIST SHEA VELLOSO

An Afternoon at the Movies

The Society of St. Cecilia at the Oratory Church of St. Anthony of Padua presents An Afternoon at the Movies, an organ concert featuring Shea Velloso, on Sunday, February 15, 2026, at 3:30pm. The concert will take place at the Oratory Church, 27 Oratory Way, Red Bank (Chestnut Street entrance). Admission is a free will offering, and the church is handicapped accessible. For more information, call 732-747-0813.

PASTORAL HISPANA

MENSAJE DEL P. CHRIS *Pastor de San Pablo*

Este domingo escuchamos uno de los pasajes más conocidos y, al mismo tiempo, más desafiantes de toda la Sagrada Escritura: las Bienaventuranzas. Jesús sube a la montaña, se sienta como maestro y comienza a mostrarnos cómo es realmente una vida bendecida. Casi de inmediato, da vuelta nuestras expectativas.

“Bienaventurados los pobres de espíritu.”

“Bienaventurados los mansos.”

“Bienaventurados los que lloran.”

Ninguna de estas cualidades suele coincidir con lo que normalmente asociamos con el éxito o la felicidad. Nuestro mundo nos dice que la bendición viene de la fuerza, del logro personal, de la independencia y de tener siempre la última palabra. Jesús, en cambio, nos señala otro camino. Llama bienaventurados a quienes reconocen su necesidad de Dios, a quienes eligen la mansedumbre en lugar de la fuerza, y a quienes mantienen el corazón abierto incluso en medio del sufrimiento.

Las Bienaventuranzas no son una lista de tareas ni un conjunto de exigencias morales. Son, ante todo, un retrato: Jesús nos muestra su propio corazón y el tipo de vida que brota de permanecer cerca de Él. Nos recuerdan que el Reino de Dios pertenece no a los autosuficientes, sino a quienes hacen espacio para Dios. Al final, la santidad no consiste en tenerlo todo bajo control, sino en confiar lo suficiente en Dios como para dejarlo guiar nuestras vidas.

Al continuar nuestro camino a lo largo del Tiempo Ordinario, este Evangelio nos invita a mirarnos con honestidad. ¿Dónde ponemos nuestra seguridad? ¿Qué voces moldean nuestra idea de éxito? ¿Y de qué manera el Señor nos está llamando suavemente a vivir de otra forma, a elegir la misericordia en lugar del resentimiento, la humildad en lugar del orgullo, y la fidelidad en lugar del reconocimiento?

Que esta semana sea una oportunidad para dejar que las Bienaventuranzas se arraiguen en nosotros, no como ideales lejanos, sino como un camino que recorreremos paso a paso. Y que lleguemos a descubrir que la verdadera bendición no se encuentra en subir más alto, sino en acercarnos más a Cristo y los unos a los otros.

Espero que todos tengan una excelente semana y que siempre sepan de mis oraciones por cada uno de ustedes.

En su paz,
P. Chris Dayton
Pastor

COMUNICADO IMPORTANTE

Requisito de Registro Parroquial para Sacramentos y documentos

A todos nuestros feligreses:

Deseamos recordarles que cualquier persona interesada en recibir sacramentos —como Bautismo, Primera Comunión, Confirmación o Matrimonio— o en solicitar cartas de elegibilidad para padrinos, deberá estar registrados en nuestra parroquia por un mínimo de tres meses antes de iniciar el proceso o solicitar carta de elegibilidad.

Este requisito nos permite asegurar una adecuada preparación espiritual y administrativa, así como verificar la participación activa dentro de nuestra comunidad de fe.

Agradecemos su comprensión y colaboración para continuar sirviendo de manera ordenada y responsable.

ESFUERZOS DE PROTECCIÓN INFANTIL

Capacitación VIRTUS y de Ambientes Seguros

En la Parroquia de San Pablo estamos profundamente comprometidos en crear un ambiente seguro y acogedor para todos los niños y jóvenes. En colaboración con la Diócesis de Trenton, seguimos la Carta para la Protección de Niños y Jóvenes, que requiere verificaciones de antecedentes y la capacitación VIRTUS para todo el clero, personal y voluntarios.

Si eres nuevo en un ministerio parroquial o sientes el llamado a servir, ¡nos encantaría que te unas a nosotros! Juntos podemos mantener nuestra parroquia como un lugar donde cada niño se sienta seguro y apoyado.

Para comenzar el proceso de VIRTUS, por favor envía un correo electrónico a Jaime a SafeSpace@stpaulsofprinceton.org.

PASTORAL HISPANA

Informaciones de contacto

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kfrancois@stpaulsofprinceton.org