



St. Theresese Catholic Church

3800 COURTICE ROAD NORTH, COURTICE, ONT. L1E 2L5



905-436-2126



office@sttheresescourtice.ca



www.sttheresescourtice.ca

FEBRUARY 1ST 2026 • FOURTH SUNDAY IN ORDINARY TIME



**THE MISSIONARY
OBLATES OF MARY
IMMACULATE**

Pastor: Fr. John Bosco Gali OMI

Associate Pastor: Fr. Daniel Janulewicz OMI

Bookkeeper: Pilar Ponce De Leon

Administrative Assistant: Michelle Holy

PARISH OFFICE HOURS

Saturday to Monday: CLOSED

Tuesday to Friday: 9:00AM - 1:00PM

SUNDAY MASSES

Saturday: 4:30PM

Sunday: 9:00AM, 11:00AM and 7:00PM

DAILY MASSES

Monday to Thursday: 7:00PM

Friday: 9:30AM and 7:00PM

Saturday: 8:30AM

CONFESSION

30 minutes before every weekday & weekend Mass

BAPTISM, MARRIAGE, FUNERAL

FIRST COMMUNION, CONFIRMATION AND
SACRAMENT OF THE SICK

Contact the Parish Office for details

CONVENT & DAY CARE CENTRE

Daughters of St. Mary of Leuca

Superior: Mother Aurelia (905) 436-2308

CHERUBS CUPBOARD

(Religious Store) (905) 432-2882

SCHOOLS

Monsignor Leo Cleary (905) 433-0331

St. Mother Teresa (905) 433-5512

Good Shepherd (905) 404-9868

Holy Trinity (905) 404-9349

Knights of Columbus (647) 223-3614

Society of St. Vincent de Paul (289) 927-0093

Alcohol and Drug Addiction (905) 728-1020



• FOURTH SUNDAY IN ORDINARY TIME •

“Blessed are the Poor in Spirit...”

Today we read this Gospel so familiar to all of us, yet always so surprising. In this passage of the Beatitudes, Jesus offers us a way of life, a set of values that, according to Him, are what can truly make us happy.

Happiness is surely the main goal we all seek in life. And if we were to ask people how they try to be happy, or where they look for their own happiness, we would find very different answers. Some would say in a well-grounded family life; others, in having health and work; others, in enjoying friendship and leisure; and those perhaps most influenced by our consumerist society would say in having money, in being able to buy as many things as possible and, above all, in rising to higher social levels.

These Beatitudes that Jesus proposes to us are not, precisely, the ones our world today puts before us. The Lord tells us that “blessed” will be the poor in spirit, the meek, those who mourn, those who hunger and thirst for righteousness, the merciful, the pure of heart, the peacemakers, those who are persecuted for the sake of righteousness... (cf. Mt 5:3-11).

This message of the Lord is for those who want to live attitudes of detachment, humility, a desire for justice, concern and interest for the problems of their neighbor, and who place everything else in the background.

How much good we can do by praying, or by practicing fraternal correction, when we are criticized for believing in God and for belonging to the Church! Jesus tells us this clearly in His final Beatitude: “Blessed are you when they insult you and persecute you and utter every kind of evil against you falsely because of me” (Mt 5:11).

Saint Basil says: “The rich man is not yet to be envied for his riches; nor the ruler for the weight of his office, nor the strong man for the robustness of his body, nor the wise man for the abundance of his speech. For these are instruments of virtue for those who use them well, not possessing blessedness in and of themselves.”

By Fr. Pablo CASAS Aljama (Sevilla, Spain)

• CANDLEMAS DAY •



*The blessing of candles will take place at the 7:00pm Mass on Monday February 2nd.
All are invited to bring candles from home to be blessed during this Mass.*

Candlemas Day is another name for the feast of the Presentation of the Lord. Forty days after His birth, Mary and Joseph brought Jesus to the temple for the rites of purification and dedication as prescribed by the Torah. According to the Book of Leviticus (12:1-4), when a woman bore a male child, she was considered “unclean” for seven days. On the eighth day, the boy was circumcised. The mother continued to stay at home for 33 days for her blood to be purified. After the 40 days, the mother and the father came to the temple for the rite of purification, which included the offering of a sacrifice — a lamb for a holocaust (burnt offering) and a pigeon or turtledove for a sin offering, or for a poor couple who could not afford a lamb, two pigeons or two turtledoves. Note Joseph and Mary made the offering of the poor (Lk 2:24).

Also, Joseph and Mary were obliged by the Torah to “redeem” their first born son: “The Lord spoke to Moses and said, ‘Consecrate to me every first-born that opens the womb among the Israelites, both of man and beast, for it belongs to me’” (Ex 13:1). The price for such a redemption was five shekels, which the parents paid to the priest. This “redemption” was a kind of payment for the Passover sacrifice, by which the Jews had been freed from slavery.

However, St. Luke in the Gospel does not mention this redemption, but rather the presentation of Our Lord: “When the day came to purify them according to the law of Moses, the couple brought Him up to Jerusalem, so that He could be presented to the

Lord, for it is written in the law of the Lord, ‘Every first-born male shall be consecrated to the Lord’” (Lk 2:22-23). So the focus is on Jesus’ consecration to God. The verb “to present” (paristanai) also means to “offer,” which evokes Jesus being presented as the priest who will offer Himself as the perfect sacrifice to free us from the slavery of sin, seal the new and eternal covenant with His blood, and open the gates to the true promised land of heaven.

Simeon, a just and pious man, who awaited the Messiah and looked for the consolation of Israel, was inspired to come to the temple. He held baby Jesus in his arms and blessed God, saying, “Now, Master, you can dismiss your servant in peace; you have fulfilled your word. For my eyes have witnessed your saving deed, displayed for all the peoples to see: A revealing light to the Gentiles, the glory of your people Israel” (Lk 2:29-32). Simeon, thereby, announced that the Messiah has come not just for the Jew but the gentile; not just the righteous, but the sinner.

He then blessed the Holy Family, and said in turn to Mary: “This child is destined to be the downfall and the rise of many in Israel, a sign that will be opposed - and you yourself shall be pierced with a sword — so that the thoughts of many hearts may be laid bare” (Lk 2:34-35).

So the Presentation is a proclamation of Christ — Messiah and Priest, Lord and Savior. He is the light who came into this world to dispel sin and darkness. For this reason, traditionally at least since the seventh century, candles have been blessed at Mass this day that will be used throughout the year,

hence coining the term “Candlemas.”

As we consider the feast of the Presentation, we remember that our parents presented us at church for our baptism. We were dedicated to God, and given the name, “Christian.” We, too, received a lit candle from the paschal candle, at which the priest said, “You have been enlightened by Christ. Walk always as a child of the light and keep the flame of faith alive in your heart. When the Lord comes, may you go out to meet Him with all the saints in the heavenly kingdom” (Rite of Christian Initiation of Adults). Therefore, as a light, each of us must bear witness to Our Lord. We must be the beacon that guides others to Christ. Also, we must realize that we, too, will be “a sign that will be opposed,” especially on issues of the sanctity of human life, marriage and the family.

Two other interesting tidbits highlight this day: First, in many Eastern European countries, the feast of the Presentation officially closes the celebration of Christmas. For this reason, Blessed John Paul II began the custom of keeping the Nativity scene in St. Peter’s square until Feb. 2.

Second, Candlemas Day also was important in the lives of farmers. An old English song went as follows:

“If Candlemas be fair and bright, / Come, Winter, have another flight. / If Candlemas brings clouds and rain, / Go, Winter, and come not again.”

So if the bright sun “overshadows” the brightness of Candlemas Day, there will be more winter. However, if the light of Candlemas Day radiates through the gloom and darkness of the day, the end of winter is near.



Baptism Preparation Class

Please note that the next Baptism preparation class will be held in the Church on:

Saturday March 7th at 11:00am.

If you are interested in having your child baptised at St. Therese Parish, please visit the parish website for more information.



MAMI Sweet Sundays

FEBRUARY 1

Honey • \$10.00 (500MLS) • \$20.00 (1000MLS)

FEBRUARY 22

Samosas • \$5.00/bag

MARCH 22

Spring Rolls • \$5.00/bag

APRIL 2 - HOLY THURSDAY

Hot Cross Buns • \$5.00/bag

APRIL 26

Krispy Kreme Donuts • \$15.00/dozen

***** Thank you for your support! (cash sales) *****

✧ The Blessing of Throats ✧

will take place at the **7:00pm** Mass
on **Tuesday February 3, 2026** in celebration of the

✧ *Feast of St. Blaise* ✧



A Theology of the Body "Crash Course"

Sunday, Feb 1: 12 PM - 6 PM

(Welcome & Check-In: 11:30 AM)

LOCATION: St. Therese Church Hall

\$10 Fee
(Food & Materials)

Videos by Fr. Mike Schmitz

TOPICS COVERED:

Talk 1: "From the Beginning"

Talk 2: "Adultery in the Heart"

Talk 3: "Marks of God's Love"

Talk 4: "What Does This Mean for My Life?"

Snacks,
Lunch
&
Talk Notes
Provided

****REGISTER by email to:**

biblestudysttherese@gmail.com

****Great preparation for our next study:**

"Into the Heart - A Journey Through the
Theology of the Body" (begins Feb 2)**



We are collecting palm leaves to burn for ashes to be used on Ash Wednesday. If you have any palm leaves from Palm Sunday last year, please drop them off in the box in the lobby of the church. **Thank you!**



BLESSING OF CANDLES

*The blessing of candles will
take place at the **7:00pm**
Mass on Monday
February 2!*

*All are invited to bring
candles from home to be
blessed during this Mass.*

"DO YOU WANT TO OUTWIT THE DEVIL?
NEVER LET HIM CATCH YOU IDLE.
WORK, STUDY AND PRAY AND YOU WILL
SURELY OVERCOME YOUR SPIRITUAL ENEMY."

- **ST. JOHN BOSCO** -

PRIEST OF THE CHURCH

FEAST DAY: JANUARY 31ST

Patron Saint of: Boys, Editors, Educators/Teachers, Youth

• **DIOCESAN** •

Sacrament of Marriage Preparation Program (online)

Congratulations! You've made the decision to get married.

As you prepare for your wedding day, the Church desires to accompany you in preparing for your life-long marriage.



The next date for Marriage Preparation is
Saturday April 25, 2026 and
program resources, activities,
and work will be sent to you
ahead of that date.

<https://www.peterboroughdiocese.org/en/life-and-faith/sacrament-of-marriage-preparation-online.aspx>

If you have
a Body, this
Study is for you!

Email
for info

INTO THE Heart

A JOURNEY THROUGH
THE THEOLOGY OF THE BODY

CHRISTOPHER WEST

ALSO, join us
Sun Feb 1
for the
TOB "Crash Course"
(Fr. Mike
Schmitz)

More Info & Registration:

Cheryl Geofroy
Biblestudysttherese@gmail.com

Limited # of
"Almost Perfect"
Workbooks
ONLY \$15
Get yours before
they're gone!!

TOB provides a lens through which to view the whole mystery of human life, leaving NO part of our world untouched. Take the transforming "Into the Heart" journey and you will discover the "mystical key" that opens the door to deep intimacy with the Father, Son and Holy Spirit. Along the way, you will learn what saints and mystics alike have always known: A life of ecstasy & deep union with God is not only possible - it's what you were **CREATED** for!!

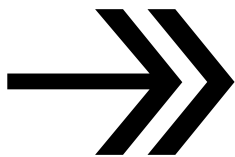
DETAILS:

Monday Evening
7:45pm-9:15pm
Begins Feb 2

16
Weeks

Thursday Afternoon
12pm - 1:30pm
Begins Feb 5

teens



march Break Retreats

young
adults



FEAR FACTOR

**MARCH
BREAK
OVERNIGHT
RETREAT**



**MARCH 16-20
AGES 13-18
\$200**

www.oblateyouthcanada.ca
oblateyouthcanada@gmail.com



RETURNING TO EDEN

Young Adult Retreat (18-30)
Friday March 20 to
Sunday March 22
\$100
Oshawa, ON

oblateyouthcanada@gmail.com
www.oblateyouthcanada.ca



LIFT JESUS HIGHER 2026 NO GREATER NO GREATER LOVE

WHEN

SATURDAY, MARCH 14
9 AM - 5:30 PM

WHO

YOUTH
AGES 13-18

WHERE

METRO TORONTO
CONVENTION CENTRE

WHY

Come to encounter
the **LOVE OF JESUS**
through inspiring talks,
testimonies, and
powerful worship.

VISIT LJHR.CA
TO REGISTER!



LIFT JESUS HIGHER RALLY

Saturday, March 14, 2026 • 9am - 5:30pm

NO GREATER LOVE

Bishop Christian Riesbeck, CC

Ralph Martin

Sr. Mary Gabriel, SV

Pete Burak

Peter Herbeck

Katey & Steve Norman

Come experience why thousands return each year...

- Compelling Speakers
- Powerful Praise & Worship
- Inspiring Testimonies
- Eucharistic Adoration
- Prayer Ministry for Healing & Empowerment

\$39*
Adult Rally
*Early Bird Special
\$49 after Feb. 1

\$25 Youth Rally
simultaneous event
for youth ages 13-18

Metro Toronto Convention Centre • North Building 255 Front Street W
For tickets and information, visit www.LJHR.ca. For sponsorship and advertisement opportunities, contact us at ljhr@renewalministries.net.

SAVE THE DATE!

FREE LIVE WEBINAR

Raising Catholic Kids in a Secular World:

Give Your Children a Strong, Joyful Catholic Identity-
Even When the Culture Works Against You

January 28, 2026 7PM East



LISA CANNING
MOM OF 11

DR. JOSEPHINE LOMBARDI
THEOLOGIAN & EDUCATOR

REGISTER FREE!

Visit bit.ly/waysidepresents to
SAVE YOUR SPOT!



OUR LADY OF THE
WAYSIDE
CATHOLIC SCHOOL

Don't miss this SPECIAL event! April Smith is flying in from St. Nicholas parish in North Pole, Alaska to speak!



Catholic Women's Conference

SATURDAY MARCH 21, 2026

LOCATION: Le Treport Banquet Hall, Mississauga

REGISTRATION: 8:00am TIME: 9:00am - 4:00pm

REGISTER: dwf2026.eventbrite.ca



JOHNNETTE BENKOVIC WILLIAMS

Internationally Acclaimed Catholic speaker, author, television and radio personality. EWTN Executive Producer - Host of Women of Grace

Special Guest Speaker: Sister John Mary, SV
Mass celebrated by Bishop Ivan Camilleri



SCAN UP TO GET
MORE INFO

Johnnette Benkovic - Williams | What Does It Mean to Be a Woman?
Sister John Mary SV | Learning to Listen in a Distracted World
April Smith | Live Adventurously, Live Virtuously
Dorothy Pilarski | One Mother's Heart - One Mother's Fiat
Natalie Regnier | Brick by Brick: Building a Strong Family That Won't Lose Their Faith

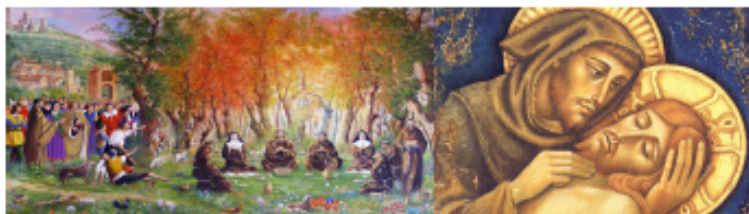
SPECIAL FEATURE: A LIVE interview PLUS Q & A with Johnnette Williams at the EWTN segment of the conference!

Get Inspired, Meet Like-Minded Women, Discover Your Mission!

EARLY BIRD REGISTRATION \$79 (before Feb. 14) Register at www.dynamicwomenfaith.com

[f](#) [ig](#) Light Lunch • Free Parking • Door Prizes! TICKETS ON eventbrite dwf2026.eventbrite.ca

1226 — 2026
Franciscus
Eight Hundredth Anniversary of the Death of St. Francis



It is with joy that we announce the promulgation of the Decree establishing a special Jubilee Year in commemoration of the Eighth Centenary of the passage of St. Francis of Assisi.

His Holiness Pope Leo XIV has decreed that, from the 10th January, 2026 to the 10th January, 2027, this Year of St. Francis will be celebrated, during which all the Christian faithful are invited to follow the example of the Saint of Assisi, becoming models of holiness of life and constant witnesses of peace. The Apostolic Penitentiary grants the plenary indulgence under the usual conditions to those who participate devoutly in this extraordinary jubilee, which represents an ideal continuation of the Ordinary Jubilee of 2025.

This Jubilee Year is addressed especially to members of the Franciscan Families of the First, Second and Third Regular and Secular Orders, as well as to Institutes of Consecrated Life, Societies of Apostolic Life and Associations that observe the Rule of St. Francis or are inspired by its spirituality. However, the grace of this special year is also extended to all the faithful without distinction who, with their spirits removed from sin, visit in the form of a pilgrimage any Franciscan conventual church or place of worship dedicated to St. Francis in any part of the world. The elderly, the sick and those who for serious reasons cannot leave home will also be able to obtain the plenary indulgence by spiritually joining the Jubilee celebrations and offering their prayers, pains or sufferings to God.

In this time of celebration that culminates eight hundred years of Franciscan memory, we cordially invite all the faithful to take an active part in this exceptional Jubilee. May the shining example of St. Francis, who knew how to make himself poor and humble in order to be true alter Christus on earth, inspire our hearts to live with authentic Christian charity towards our neighbour and with sincere longings for concord and peace among peoples. Following in the footsteps of the Poverello of Assisi, let us transform the hope that made us pilgrims during the Holy Year into fervour and zeal of effective charity. May this Year of St Francis be for each one of us a providential occasion for sanctification and evangelical witness in the contemporary world, for the glory of God and the good of the whole Church.

Conditions for receiving the Indulgence (for oneself or for the deceased)

Sacramental confession to be in God's grace (in the eight days before or after);
Participation in Mass and Eucharistic Communion.

To visit in the form of a pilgrimage any Franciscan conventual church or place of worship dedicated to St. Francis anywhere in the world, where one renews one's profession of faith, through the recitation of the Creed, to reaffirm one's Christian identity.

The recitation of the Lord's Prayer, to reaffirm the dignity of children of God, received in Baptism;
To pray for the intentions of the Holy Father, to reaffirm belonging to the Church, whose foundation and visible centre of unity is the Roman Pontiff.



La Verna

La Verna 820 Frank Street Peterborough ON K9J 4N4

705.243.9131 laverna@capuchins.ca



ST. THERESE *Council*

In this month's edition of Columbia, our Supreme Knight, Patrick Kelly reminds us what it means to be a Knight of Columbus – to be attentive to the needs of others. The order was founded precisely to look outward – to care for the widows, orphans, the vulnerable and the marginalized. Just as God does not abandon us in our hardships, we must never abandon others in theirs. Jesus Christ implores us: *“Love one another as I have loved you”* (Jn 15:12). Let us remember that Jesus Christ Himself is the true author of our hope.

Please note that the weekday 7:00pm Mass on the first Tuesday of every month will be offered by the Knights. Also, please note that the Pilgrim ICON program (a Sacred Heart Holy Hour featuring an icon depicting the most famous image of the Sacred Heart of Jesus) will be conducted in our church from **February 6th – 10th, 2026.**

More information regarding this can be found at <https://www.kofc.org/en/what-we-do/faith-in-action-programs/faith/pilgrim-icon.html>

ABOUT THE PILGRIM ICON PROGRAM

Through the Pilgrim Icon Program, councils organize a Sacred Heart Holy Hour featuring an icon depicting the most famous image of the Sacred Heart of Jesus, painted in 1767 by Pompeo Batoni and now venerated in the Church of the Gesù in Rome. The reproduction bears the blessing of Pope Francis, through the Papal Almoner, and is one of more than 300 icons traveling across the world, from council to council, for veneration and use in prayer services.

Families can also enthrone the Sacred Heart of Jesus in their homes. Enthroning the Sacred Heart of Jesus means formally recognizing Jesus as King through an enthronement ceremony. During this ceremony, a family places an image of the Sacred Heart in a place of honor in their home, renews their commitment to be faithful disciples, and consecrates themselves to his Sacred Heart.

For more information about the Pilgrim Icon Program and about home enthronements, please visit [kofc.org/sacredheart](https://www.kofc.org/sacredheart).



**Sacred Heart of Jesus
Icon
arriving
Friday February 6th at
St. Therese!**

About Us

The Knights of Columbus is a Catholic fraternal organization founded by Blessed Michael J. McGivney in 1882. In our parish at St. Therese, we have a total of 80 members. We are involved in fundraising for charitable organizations, promoting social activities within the church, organizing free pancake breakfasts (generally twice a year), etc.

If you would like to know more about us, please contact us at 11709st.theresekofc@gmail.com. You can also go online at www.kofc.org for more information.



**Knights of
Columbus®**

Pilgrimage to Portugal, Spain & France

Under spiritual leadership of Fr. Tomasz Jarosz, OMI

Tour Coordinator: Annette Chang, chineewoman8@gmail.com, Ph: 905-903-4888

Sep. 27 – Oct. 10, 2026 - 14 days – 5,990.00 (Toronto Dep. incl. all taxes and tips)



Sep. 27 Evening departure from Toronto to Lisbon.

Sep. 28 Late morning arrival in Lisbon. Upon arrival we are transferred to Fatima. Some free time for rest, Mass, our hotel for some rest, Mass, dinner and overnight.

Sep. 29 Full day in Fatima. Mass, visit the site of apparitions, the old and the new basilica. We also visit the houses of the children, have some free time for individual prayers, dinner, rosary procession with candles and overnight.

Sep. 30 This morning we move to Santiago de Compostela, the burial place of St. James and major pilgrimage destination since Middle Ages. We visit the Cathedral dedicated to St. James and the Old City. Mass, dinner and overnight.



Oct. 01 After breakfast we travel to Burgos. Upon arrival we tour the spectacular Gothic cathedral declared UNESCO World heritage site. Dinner and overnight.

Oct. 02 Today we travel to Lourdes in France. En route we stop in Loyola, the birthplace of St. Ignatius Loyola and visit the Jesuit Basilica. Upon arrival in Lourdes Mass, dinner, rosary procession with candles and overnight.

Oct. 03 Full day in Lourdes. Time to visit the Grotto and the Basilicas. We have Mass and The Way of The Cross, time for individual prayer and bath, dinner and overnight.

Oct. 04 This morning we travel to Aix-en-Provence. En route we visit Carcassonne (time permitting) to visit its beautifully preserved medieval fortified town with its massive defences encircling the castle. Continue to Aix for dinner and overnight.

Oct. 05 Full day in Aix and Marseille We start the day with a visit to Chapelle des Oblats, where St. Eugène de Mazenod founded the Missionary Oblates of Mary Immaculate in 1816. Continue to Marseille where we visit the Sainte-Marie-Majeure cathedral, the seat of St. Eugène's episcopacy and Oblate Motherhouse & Tomb of St. Eugène. We also visit the Basilique Notre-Dame de la Garde and Abbaye Saint-Victor, one of the oldest Christian sites in France (5th century) before returning to our hotel for dinner and overnight.

Oct. 06 After breakfast we are transferred to the airport in Marseille and fly to Paris. Continue to Lisieux where we visit St. Therese basilica, celebrate Mass there and visit her convent. Dinner and overnight.

Oct. 07 After breakfast we travel to Mont St. Michel. We tour the ancient strategic fortifications of this island-town, the monastery and medieval buildings. Mass before returning to Lisieux for dinner and overnight.

Oct. 08 In the morning, we are transferred to Paris. We visit the Basilica of Sacré Coeur de Montmartre where we celebrate Mass. In the afternoon, some free time, dinner and overnight.

Oct. 09 Full day in Paris. We embark on a tour of the city to include views of Eiffel Tower, Place de La Concorde and Champs-Élysées. We visit Notre Dame Cathedral Miraculous Medal chapel where we celebrate Mass. Afternoon a cruise on river Saine, dinner and overnight.

Oct. 10 After breakfast we are transferred to the airport for our flight back to Toronto. Evening arrival.



Travel arrangements by:

877-999-8868

416-444-6666

INTERNATIONAL
HERITAGE TOURS



www.ihtour.com

For information and registrations call:

Stan – ext. 339 or 647-463-9057 stan@ihtours.com

Alex – ext. 317 alex@ihtours.com

Is GOD calling YOU to live a life of deep Prayerful Simplicity?
Is GOD calling YOU to live your life in Fraternity (Community)
in relationship to all people and with All Creation?
Do the Spiritual values of St Francis of Assisi resonate within you?

If so, you are invited to join us as you Discern
YOUR LAY FRANCISCAN VOCATION



Lay Vocational discernment is a process of prayerful self-reflection and exploration to discover one's own personal calling, deepening your primary relationship with God and the Church and a particular "way of being" in our world.

Place your unique gifts at the service of God and his Church as a **Lay** person (married or single) and as a **consecrated and professed member** of the **Secular Franciscan Order. (SFO)** (formerly the 3rd Order of St Francis)



820 Frank Street ... a Capuchin place of Franciscan Spirituality
Peterborough ON K9J 4N4 (1) 705.243.9131 laverna@capuchins.ca

JOIN US AT *LA VERNA*

SATURDAY, 17 January 2026
&
SATURDAY, 21 February 2026
from 1:00pm-3:00pm

Come and meet others currently discerning a **LAY VOCATION** to the Secular Franciscan Order and already professed Secular Franciscans.

Short presentations followed by discussions, Light Snacks and Beverages, please RSVP to La Verna Ministries.



THE FRANCISCAN CROWN ROSARY



The Franciscan Crown Rosary, also called the Seraphic Rosary or the Rosary of the Seven Joys of Mary, is a Catholic devotion consisting of seven decades of Hail Mary's, with each decade honoring a specific joy in Mary's life. It features seven joys: the Annunciation, Visitation, Nativity, Adoration of the Magi, Finding in the Temple, Resurrection, and the Assumption/Coronation.

The devotion, which originated in 1422 within the Franciscan Order, is prayed to honor Mary and is distinguished by its seven-decade structure.

La Verna



820 Frank Street ... a Capuchin place of Franciscan Spirituality
Peterborough ON K9J 4N4 (1) 705.243.9131 laverna@capuchins.ca

WINTER PROGRAMMING

Join us from 7:00pm—7:45pm

As we pray the Franciscan Crown rosary
During this time together we will share the origin
story and pray this Franciscan devotion together.

FRIDAY, 16 JANUARY 2026

FRIDAY, 30 JANUARY 2026

FRIDAY, 13 FEBRUARY 2026

FRIDAY, 27 FEBRUARY 2026

Franciscan Crown Rosaries are available from La
Verna Ministries including a booklet containing
the meditations for a suggested donation of
\$10.00 - RSVP's appreciated

MEDITATIO

Franciscan Contemplative Prayer!

Where: "The Chapel at La Verna" 7pm-8pm

Monday January 12, 2026 / Wednesday January 14, 2026

Monday January 26, 2026 / Wednesday January 28, 2026

Monday February 09, 2026 / Wednesday February 11, 2026

Monday February 23, 2026 / Wednesday February 25, 2026

La Verna



WINTER PROGRAMMING

820 Frank Street, Peterborough ON K9J 4N4
705-243-9131 laverna@capuchins.ca

02/01/2026 r.1.



Villa St. Joseph Ecology and Spirituality Centre

445 Monk Street, Cobourg, Ontario, K9A 2S9

905-372-2741 – villa@csjcanada.org

<http://www.villastjoseph.ca>

LENTEN RETREATS – FEBRUARY 2026

Pre-registration required.



"Stillness Day"

Wednesday, February 4, 9:00am – 4:00pm

Facilitated by Sr. Mary Rowell, CSJ and Sr. Linda Gregg, CSJ

An invitation to move into quietness in the busyness of everyday life and in the frenetic pace of the world in which we live today. **Suggested donation is \$40.00 – incl. single room, a home-made meal and refreshments**

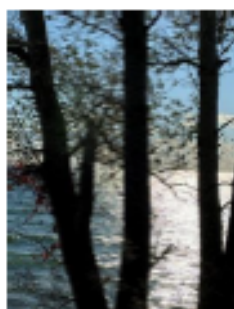


"Re-Imagining the Fall"

Friday, February 6, 7:00pm – Sunday, February 8, 1:00pm

Facilitated by Dr. Bridget Campbell

In this retreat we will consider passages from Genesis that may lead us to a fuller understanding of the tragedy of Adam and Eve as well as a deeper appreciation of God's love and mercy for them – and for us. **Suggested donation: \$265 – A deposit of \$125 is required at the time of registration. E-transfers can be made to villa@csjcanada.org.**



"A Lenten Retreat: Meditation of a Leafless Tree"

Wednesday, February 18, 9:00am – 4:00pm

Facilitated by Rev. Max Woolaver

Lent is an opportunity to see the beauty of the 'leafless tree' which is our soul before God – awaiting our blossoming into the fullness of life. Our day will consist of two addresses, alone time and a time for sharing at the close. Max will offer an original song or two along the way. **Suggested donation: \$50 – incl. single room, a home-made meal and refreshments.**



"Life Transfigured: A Lenten Day Retreat"

Saturday, February 21, 9:00am – 4:00pm

Facilitated by Sr. Mary Rowell, CSJ

Lent is a time when we are called anew into the journey of lifelong transformation. All welcome to this retreat to reflect again on the transformative message of this beautiful and compelling Gospel in Lent. **Suggested donation: \$50 – incl. single room, a home-made meal and refreshments**



"Lenten Sabbath Retreat"

Friday, February 27, 7:00pm – Sunday, March 1, 1:00pm

Facilitated by Sr. Mary Rowell, CSJ and Sr. Linda Gregg, CSJ

Through our Lenten Sabbath Weekend, Villa St. Joseph, Ecology and Spirituality Centre would like to help you to learn more about yourself during this blessed time, as well as to learn about your relationship with God through the gift of silence. **Suggested donation: \$265 A deposit of \$125 is required at the time of registration. E-transfers can be made to villa@csjcanada.org.**

To register, visit <http://www.villastjoseph.ca> or contact us at 905-372-2741 or villa@csjcanada.ca

The Kids' Bulletin

4TH SUNDAY IN ORDINARY TIME • FEBRUARY 1ST, 2026

How to be Happy!

In today's Gospel Jesus teaches the eight beatitudes.

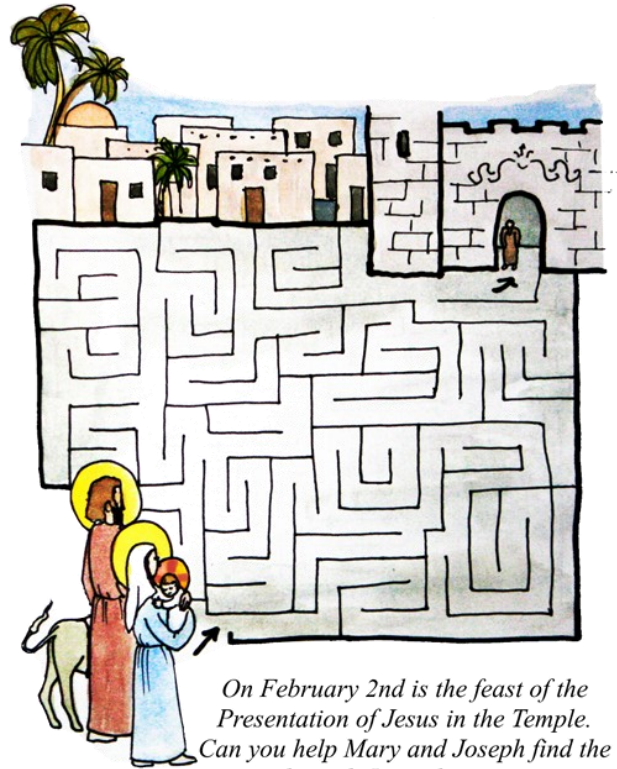
Beatitude means happiness.

Here are some ideas on how to live the beatitudes:

1. Blessed are the poor in spirit, for theirs is the kingdom of heaven. If you share your nice things and don't let your stuff be the most important things in your life then you will be happy.
2. Blessed are they who mourn, for they will be comforted. If you are sad now, remember that in Heaven there will be no more suffering.
3. Blessed are the meek, for they will inherit the land. Don't be selfish or pushy about things. God will make sure you get everything you need!
4. Blessed are they who hunger and thirst for righteousness, for they will be satisfied. If you try to do what is right then God will make the right things happen.
5. Blessed are the merciful, for they will be shown mercy. If you forgive other people when they hurt you, then God will forgive you when you are sorry for your sins.
6. Blessed are the clean of heart, for they will see God. If God is the center of your life, then your heart is pure and ready to see Him in Heaven when you die.
7. Blessed are the peacemakers, for they will be called children of God. God loves peace, and loves it when we try to avoid getting into fights.
8. Blessed are they who are persecuted for the sake of righteousness, for theirs is the kingdom of heaven. If you suffer for the truth, God will give you a joyful reward!



Answer to Beatitudes Word Find: Will be happy



On February 2nd is the feast of the Presentation of Jesus in the Temple. Can you help Mary and Joseph find the way through Jerusalem to present Baby Jesus in the Temple?

SAINT BLAISE

FEBRUARY 3

SAINT BLAISE WAS A BISHOP IN ARMENIA IN THE EARLY 300'S. WHEN PERSECUTION AROSE, HE WENT INTO THE WILDERNESS AND LIVED IN A CAVE.



ACCORDING TO LEGEND, SICK WILD ANIMALS WOULD COME TO HIM SO HE COULD HEAL THEM.



WHEN HUNTERS CAME AND FOUND BLAISE, THEY TOOK HIM TO THE GOVERNOR.



Your gods are made by men.



SO HE WAS THROWN IN PRISON.



WHILE IN PRISON, HE HEALED A BOY WHO HAD A FISH BONE STUCK IN HIS THROAT.



BLAISE'S CAPTORS TORTURED HIM TO TRY TO GET HIM TO GIVE UP THE FAITH, BUT HE WOULD NOT. FINALLY HE WAS BEHEADED.

SAINT BLAISE IS THE PATRON SAINT OF PEOPLE WITH THROAT PROBLEMS, SO YOU CAN PRAY TO HIM IF YOU GET A SORE THROAT. SAINT BLAISE TEACHES US TO BE KIND TO WILD ANIMALS, BUT MORE IMPORTANTLY HE TEACHES US TO NEVER GIVE UP OUR FAITH IN GOD, EVEN UNDER TORTURE.

Beatitudes Word Find

G R E A T W M E R C Y I
K I N G D O M L T H E Y
I G B L E S S E D I P L
N H E A V E N B E L E F
D T I N H E R I T D R A
P E A C E M A K E R S L
O O H B E C A U S E S
O U G O D M O U R N C E
R S A P M E R C I F U L
I N S U L T H E A R T Y
W E P C O M F O R T E D
H S A T I S F I E D D Y
O S P I R I T C L E A N

Find the words in CAPITALS from today's Gospel reading in the puzzle and use the leftover letters to fill in the blanks.

"Blessed are the POOR in SPIRIT, for theirs is the kingdom of HEAVEN. Blessed are they who MOURN, for they will be COMFORTED. BLESSED are the meek, for they will INHERIT the land. Blessed are THEY WHO hunger and thirst for RIGHTEOUSNESS, for

they will be SATISFIED.

Blessed are the MERCIFUL, for they will be shown MERCY.

Blessed are the CLEAN of HEART, for they will see GOD.

Blessed are the PEACEMAKERS, for they will be called CHILDREN of God.

Blessed are they who are PERSECUTED for the sake of righteousness, for theirs is the KINGDOM of heaven.

Blessed are you when they INSULT you and persecute you and utter every KIND of evil against you FALSELY BECAUSE of me. Rejoice and be glad, for your reward will be GREAT in heaven."

If you be like Jesus, you

CONVALIDATION *of* MARRIAGE

† *Bringing your Marriage into the Church* †

"It is the presence of the Lord, who reveals Himself and the gift of His grace, that will render your marriage full and profoundly true." (POPE FRANCIS)

Convalidation ceremonies are specifically for married couples whose unions are not recognized by the Catholic Church and wish to have their marriage validated. This means that at least one partner must be Catholic and their marriage must meet the Church's requirements for convalidation.

There are various reasons and circumstances that might lead Catholics to marry outside the Church. Regardless of these reasons and past circumstances, the Catholic Church invites couples to bring new meaning to their lives by embracing the vocation of marriage and serving as ambassadors of God's love through the celebration of convalidation of marriage. Convalidation comes from a Latin word meaning "to firm up" or "to strengthen." It is not a blessing of an existing union or a renewal of promises – it requires a new act of consent by each spouse and it is a celebration of the Sacrament of Marriage, sanctifying the union within the Church. The Church is committed to supporting couples who wish to enter into a valid Catholic marriage, offering them pastoral



and spiritual support as needed. Convalidation of marriage may be celebrated within Mass or outside of Mass, depending on each couple's particular situation.

When couples seek to validate their marriage in the Church after having attempted marriage outside the Church, they are demonstrating that God is present and actively working in their lives. God wants to lead couples closer to Him and to each other, and sanctifying their union within the Church allows them to fully participate in its sacramental life.



Couples wishing to plan a convalidation ceremony are required to contact the Parish Office at 905-436-2126 to schedule an appointment with a Priest to begin the process.

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AUGUSTINE
INSTITUTE

PRAYER WITH MARY

MOTHER OF JESUS THE PRINCE OF PEACE, FOR THE END OF THE WAR IN UKRAINE.



St. Therese would like our parish families to begin continual prayers for the end of the war in Ukraine.

The statue of Mary will accompany one family for a period of one week.

After one week another family will be able to pick up the statue at the end of Mass on Sunday.

To schedule the pickup of the statue, please contact the parish office.

Families who take the statue of Mary home are asked to say the following prayers
and one decade of rosary for peace in Ukraine.



God of peace, God of mercy

We pray for the people of Ukraine,

We lament the violence that has come to their country.

We ask for comfort for those who mourn, hope for those
who despair and compassion for all who suffer.

We plead for an end to violence and aggression in their land

We pray for the people of Russia,

We give thanks for those who protest for peace and pray for ongoing courage

We ask for a change of heart in those who commit acts of
aggression and war against their fellow citizens and neighbours

We pray for Russians who will suffer because of sanctions and war

We pray for leaders around the world

We pray that world leaders might work for an end to war and for establishing of peace

We seek wisdom for those who are making life and death decisions
about how to respond to violence and threats of violence

We ask for courage for those who campaign for peace.

We pray for aid workers and journalists

We give thanks for the willingness of aid workers to work in situations
of war and unrest in order to meet the needs of others

We ask for safety, wisdom and compassion for all working
to alleviate suffering and heal the wounded

We pray for journalist and media organisations reporting the situation in
Ukraine and Russia, may they report truthfully and compassionately.

We pray for peace

We lament violence around the world

We plead for the ceasing of violence and the establishment of peace

We pray that you might give us a desire for peace and a
willingness to work and hope and pray for peace each day. Amen



OLDEST UKRAINIAN PRAYER TO THE BLESSED MOTHER (1037 A.D.)

We fly to Your patronage, O Virgin Mother of God.

Despise not our prayers in our needs,
but deliver us from all dangers, since you alone are pure and blessed.

O most glorious Ever-Virgin Mary, the Mother of Christ our God,
accept our prayers and present them to Your Son and our God,
that for the sake of You, He enlighten and save our souls.

MASS INTENTIONS

SATURDAY January 31st, 2026

8:30AM Intentions of the Daughters of St. Mary of Leuca

4:30PM † Repose of the soul of Mackenzie Geofroy • Req. by Family

SUNDAY February 1st, 2026

9:00AM Birthday Intentions for Larry Rampersad

11:00AM † Repose of the soul of Siegfried Eberhardt • Req. by Family

7:00PM Members of our Parish

MONDAY February 2nd, 2026

7:00PM God's blessings on Jean Rodrigues • Req. by Vernon and Jackie

TUESDAY February 3rd, 2026

7:00PM Intentions of the Knights of Columbus

WEDNESDAY February 4th, 2026

7:00PM † Deceased members of the Estrochio & Rodrigues Families

Req. by Zita & Cajetan Rodrigues

THURSDAY February 5th, 2026

7:00PM † Repose of the soul of Michael Collins • Req. by Dennis Keefer & Family

FRIDAY February 6th, 2026

9:30AM † Deceased members of the Ponce de Leon Family

7:00PM † Repose of the souls of Lauren Buckley and Don & Marielle Shields

Req. by her Mom and their Daughter

SATURDAY February 7th, 2026

8:30AM Intentions of the Daughters of St. Mary of Leuca

4:30PM † Repose of the soul of Vittorio Coscarella • Req. by his Wife and Daughter

SUNDAY February 8th, 2026

9:00AM † Repose of the soul of Anne VanKuik • Req. by Jean Rodrigues

11:00AM † Repose of the soul of William Walker • Req. by the Shannon Family

7:00PM Members of our Parish

• PARISH PRAYER REQUESTS •

*Please pray for those who are sick,
and those who love and minister to them:*



Alex Extross
Angela Extross
Bernice Parker
Beverly Laird
Bob Bonnell
Brian Doucette
Brig Madhok
Carol Hutchinson
Cindy Oldford
Clifford Nelson
Cynthia Graham
Denise Walker
Edel Dias

Elena Russo
Elizabeth Colbear
Gene Bouvior
Gerald Correia
Giuseppe
Grant Bennie
Gwen Traynor
Jane Lynde
Jean Joyce
Jennifer Finney
Joanne Martinez
Kathleen Corkum
Kazai Campbell
Luk Wong

Lyn Carson
Margaret Lingard
Michel Cascon
Nathan Costa
Nina Tobias
Rene Vautour
Rochelle Keever
Salvatore Palazzolo
Shashi
Tommy
Wallhout Family
William Bonnick



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1. Here is the donation link from our parish website to donate directly to the parish:

<https://sttheresescourtice.ca/support.html>

2. Consider setting up pre-authorized offering (POP). The form is available on our website:

<https://sttheresescourtice.ca/images/StTheresePOPForm.pdf>

Please email your completed form with a void cheque to:

bookkeeper@sttheresescourtice.ca

3. You can send a donation to the parish by regular mail:

St. Therese Parish, 3800 Courtice Road North, Courtice, Ontario L1E 2L5

ALTAR SERVERS: Fr. Daniel

ALTAR LINEN CARE: Veronica Larkin / 289-240-8083

BAPTISMAL PREPARATION TEAM: Fr. Bosco / 905-436-2126

CHILDREN'S LITURGY: Teresa Costanzo / 905-436-0719

CHURCH CLEANING: Kathleen Martens / 905 244-1030

DECORATING COMMITTEE: Lee McDonald / 905-409-0833

COMMUNION MINISTERS: Zita Rodrigues / 647-980-6055

FINANCE COMMITTEE: Kevin MacKenzie / 289-356-7838

BIBLE STUDY GROUP: biblestudysttherese@gmail.com

KNIGHTS OF COLUMBUS: Trevine Joachim / 647-223-3614

LECTORS & COMMENTATORS: Yvonne Majoor / 905-697-9470

MARY'S APOSTOLATE: Peter Pacione / 289-240-6762

PARISH COUNCIL: John Vandersanden / 905-718-0943

PROPERTY AND MAINTENANCE: Trevine Joachim / 647-223-3614

SILVER NEEDLES: Kim Anderson / 905-259-5979

SOCIETY OF ST. VINCENT DE PAUL:

ssvpsttheresecourtice@gmail.com

USHERS MINISTRY: Susan Mussakowski / 905-441-1081

YOUTH MINISTRY: Please contact Fr. Daniel

R.C.I.A.: Karen Schillings / 613-242-9365

Stephen Lane / 416-319-9356

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WAY THAT YOU NEED NOT
BLUSH TOMORROW."**

ST. JOHN BOSCO
FEAST DAY: JANUARY 31ST