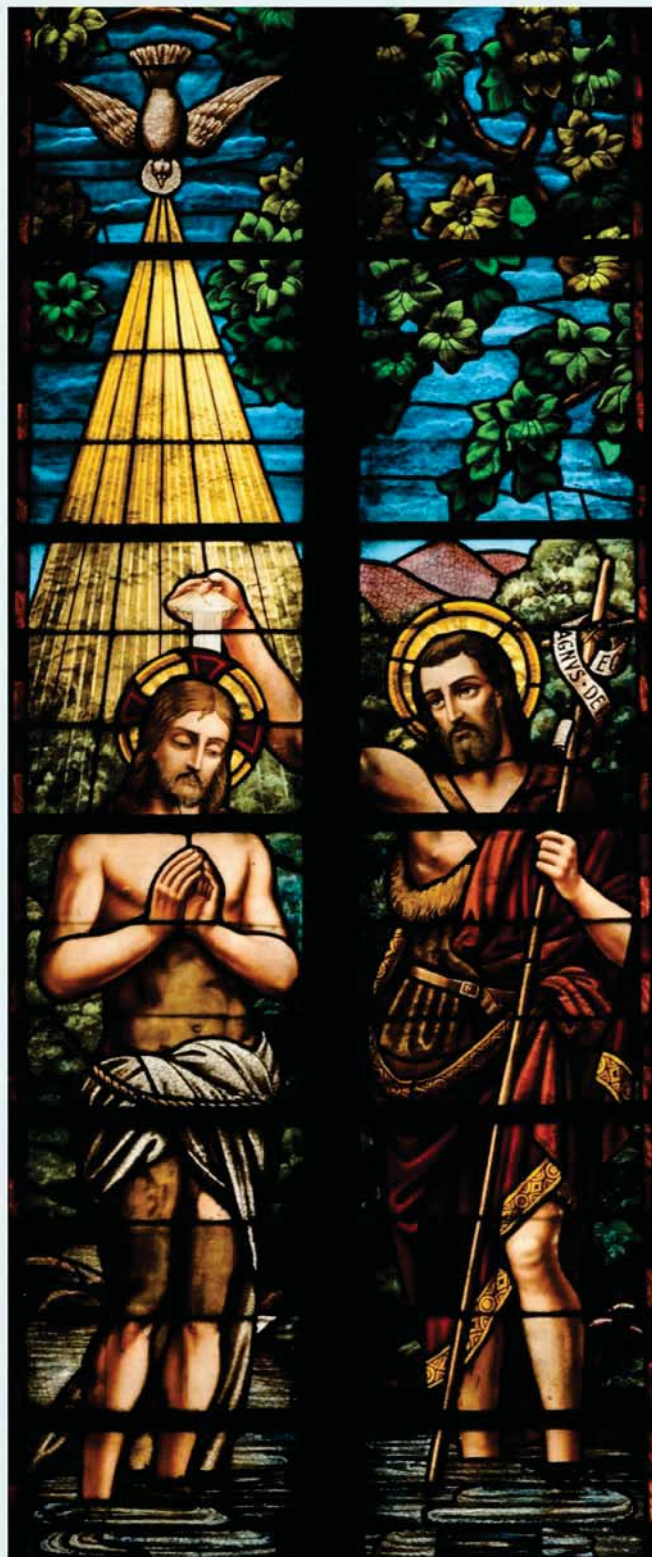




Walpole Catholic

www.walpolecatholic.net

January 18, 2026



Second Sunday in Ordinary Time

"I saw the Spirit
come down like
a dove from
heaven and
remain upon him.
Now I have seen
and testified
that He is the
Son of God."

John 1:32,34





From the Desk of Deacon Jim Hyatt

Does God have the Antidote to Anxiety and Stress?

Does God have the antidote to anxiety and stress?

January can be a time when, after all the Christmas joy, stress and anxiety again takes center stage in our lives. Sometimes this is hard to shake when it's cold, it gets dark early and all the credit card bills come in. So, should we all run out and buy self-help books that deal with anxiety? The bookstores have loads of those books, but they are a mere substitute for a more proven solution, our antidote to anxiety from our Father. Let's take a look.

What does scripture say on the subject? Somewhat surprisingly, anxiety and stress are addressed repeatedly in both Old and New Testament scripture.

"Blessed is the man who trusts in the Lord... He is like a tree planted beside the waters that stretches out its roots to the stream... In years of drought it shows no distress." (Jeremiah 17:7-8) Relying on the Lord protects us from distress.

"Cast all your worries upon him because he cares for you." (1Peter 5:7) We do not have to go through life alone, He wants us to cast our worries upon Him! Also, remember that Jesus walked this earth, so He knows all about our stress.

"Trust in God at all times, my people! Pour out your hearts to God our refuge!" (Psalm 62:9) God is asking us to come to Him and pour out our hearts to Him! Tell Him exactly what is bothering us, He wants us to do that. Just like we would do with our spouse or best friend, lay it out to Him in detail and watch the anxiety begin to dissipate.

"Truly I have set my soul in silence and peace. As a child has rest in its mother's arms, even so my soul." (Psalm 131:2) An appealing picture for us of what happens when we do pour out our worries to Him... we find rest. And we ALL need that rest!

"Mary (who) sat beside the Lord at his feet listening to him speak. Martha, burdened with much serving, came to him and said, 'Lord, do you not care that my sister has left me by myself to do the serving? Tell her to help me.' The

Lord said to her in reply, 'Martha, Martha, you are anxious and worried about many things. There is need of only one thing. Mary has chosen the better part and it will not be taken from her.'" (Luke 10:39-42) Mary chose to listen to the Lord and let it guide her life, we should too!

"Do whatever he tells you." (John 2:5) Those simple words from the Blessed Virgin Mary build on the previous passage with Martha and Mary.

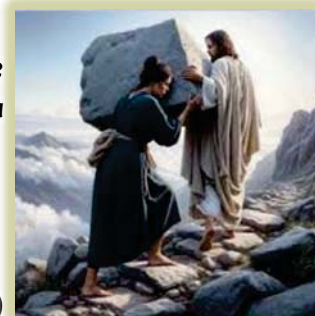
The Blessed Mother wants us to listen to her Son and do whatever He tells us. That's the antidote. That's His prescription for a less anxious life, that's His prescription for dealing with the anguish of loss that hits us, that's His prescription when we find ourselves in darkness.

So, practically, what are we to do to achieve this changed life? First, come to Mass to receive the Eucharist. He said, ***"Do this in remembrance of me,"*** (Luke 22:19) and so we should! God's grace flows through the Eucharist and feeds our soul with spiritual food.

Second, read scripture and learn. ***"Desire therefore my words; long for them and you shall be instructed."*** (Wisdom 6:11) The Bible is the best self-help book ever because it comes with the ultimate helper – Jesus!! I find that when I read scripture, inevitably I discover something that speaks to my need or worry.

Third is pray of course. That's where we pour out our heart to Him, where we let it all out so that He can take it from us...

"Come to me, all you who labor and are burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am meek and humble of heart; and you will find rest for yourselves. For my yoke is easy and my burden is light." (Matthew 11:28-30)



P.S. Send me your favorite go to verse from scripture that helps you get through it all!

Jim.hyatt@walpolecatholic.org



CHILDREN'S CHOIR

The Children's Choir at Blessed Sacrament is singing at the 4pm Christmas Eve mass with a prelude prior. Singers of all ages are welcome!

This is a wonderful opportunity for children to actively participate in the liturgy, and have fun! Rehearsals will take place in the Community Room throughout the month of December.

To paraphrase St. Augustine, "Singing is praying twice." We hope to see you there!

For more information, please contact our director of music, Oksana Berezkina.

ONLINE GIVING

Please consider continuing your support for our parish through **online giving**. Scan the QR code or visit our website to contribute securely and conveniently.



OFFERTORY COLLECTION FOR THE WEEK OF JANUARY 4

Offering
giving back to God

	<u>BLESSED SACRAMENT</u>	<u>ST. MARY</u>
OFFERTORY TOTAL	\$13,157	\$6,164
In Pew/Mail in	\$10,045	\$5,659
Online	\$3,112	\$505
Second Collection* TOTAL	\$985	\$995
In Pew/Mail In	\$985	\$995
Online	\$0	\$0
Parish Grand TOTAL	\$14,142	\$7,159
Weekly Goal	\$10,433	\$6,749
Difference	\$3,709	\$410
% Difference	36%	6%
FISCAL YEAR TO DATE (7/2025-6/2026)		
Offertory Total	\$272,979	\$192,426
Cumulative Goal	\$281,691	\$182,223
Difference	-\$8,712	\$10,203
% Difference	-3%	5%
*Mary, Mother of God		

HOMEBOUND VISITATION

Do you know of someone who is homebound or unable to attend Mass and who would appreciate the Eucharist being brought to them? If you would like to arrange a home visit or nursing home visit for a member of our Walpole Catholic Community, please contact the Parish Office at 508/668-4700 x119. Such visits can include regular weekly visits to receive the Eucharist or with parish priest for the Sacrament of Healing.

If you are interested in serving as a pastoral visitor, please reach out to Deacon Jim Hyatt at jim.hyatt@walpolecatholic.org or Deacon Rey Spadoni at rey.spadoni@walpolecatholic.org

BAPTISM REGISTRATION

Baptism is the first sacrament of Christian initiation. It is the sacrament that frees a person from original sin and makes that person a member of Christ and His Church, thus being the way to a new and spiritual life. One must be baptized before sharing in any of the other sacraments. Infants can be baptized soon after birth. At the time of baptism, parents vow to practice their faith and provide a Catholic upbringing for the child.

Group baptisms take place on the second Sunday of the month at 1pm at St. Mary's and at Blessed Sacrament on the third Sunday of the month at 12:30pm.

To register, please contact our Baptism Coordinator, Pat, at 508-668-4974 ext. 115. Leave a message and your call will be returned.

SATURDAY MORNING VIRTUAL PRAYER GROUP

Our virtual prayer group meets over Zoom Saturday at 9am. With an emphasis on the scriptures, we read and then reflect on the theme of Sunday's Mass readings. All are invited. The Mass readings can be found at <https://bible.usccb.org/daily-bible-reading>. We close with prayers in union with the Church and each other and for special intentions. Often reflections offered in the group are published in the blog www.ComposingCatholic.org. You can join the meeting by following this link or typing it into your search bar: <https://tinyurl.com/OurVPG> Email alan.doty@walpolecatholic.org if you have questions or are having difficulty joining.

ST. FRANCIS CEMETERY

A SACRED PLACE OF PEACE, PRAYER AND REMEMBRANCE

Serving the Faithful with Dignity and Grace

Nestled in the heart of Walpole, St. Francis Catholic Cemetery offers a serene and sacred resting place for loved ones, rooted in the traditions of our Catholic faith. As part of the Walpole Catholic Collaborative, we are committed to honoring life, preserving legacy, and providing comfort to families in times of need.

Why Choose St. Francis Cemetery?

- + **Consecrated Grounds** – A holy space for eternal rest, blessed by the Church.
- + **Peaceful Environment** – Beautifully maintained landscapes for quiet reflection.
- + **Faith-Based Services** – Burial rites and memorials guided by Catholic tradition.
- + **Compassionate Support** – Pastoral care and guidance from our Collaborative community.

Whether planning ahead or in a time of loss, St. Francis Catholic Cemetery is here to walk with you in faith and love.

Location: 1629 Washington Street Walpole, MA 02081

Contact Us: 508-668-4700 x111

Learn More: www.walpolecatholic.net

"Blessed are those who mourn, for they shall be comforted." – Matthew 5:4



CLOTHING FOR THE HOMELESS

Please help us by donating clothing, especially gently-used t-shirts, sweatpants, and socks so that we can continue their mission. We are also collecting new or gently-used, clean blankets & sheets.

Boxes are at both churches. God Bless!



Parish Offices will be CLOSED on Monday, January 19 for Martin Luther King, Jr. Day.



MASS & HEALING SERVICE, STOUGHTON

A Healing Mass will be celebrated by Fr. Carlos Suarez at Immaculate Conception Church, 122 Canton Street, Stoughton, on Saturday morning February 14, at 10:00 a.m.

The Mass will include the Anointing of the Sick as well as individual prayer for healing. All are welcome!



CONFESSIONS

Confessions are held on Saturdays from 2:45-3:50pm at Blessed Sacrament and St. Mary Churches and on Wednesdays, Thursdays and Fridays at 5:15 and 6:15am (before and after the 5:45am Daily Masses) and after the 9am Daily Mass on Mondays and Wednesdays at St. Mary and Saturdays at Blessed Sacrament Churches.

Confessions are also heard on the first Wednesday of the month at Blessed Sacrament Church from 7-8pm.

Please use the Chapel door at the East Street entrance.

In addition, parishioners can approach the priest before or after a Mass.

PRAYER REQUESTS

We are asked to pray for all the sick, grieving, and suffering. Through our parish prayer lines, we also remember all our shut-ins, our unemployed, our sick, our grieving, and our own parish dead. If you wish to add a name, contact Louise at Lffahey@gmail.com for St. Mary or Claire at blessedsacramentprayers@gmail.com for Blessed Sacrament.



WEDDINGS

If you're planning a wedding and wish to receive the Sacrament from Blessed Sacrament or St. Mary's church, please contact us at 508-668-4700. Let us be part of your joyous celebration!





PINE STREET INN COLLECTION

Thanks to all who donated to our last collection. We collected 1052 snacks—our second largest collection since we started collecting in 2021.

Our first collection for the New Year is on **Thursday, January 29 (9am-noon) and Saturday, January 31 (10-11am)** at St. Mary Parish Center (205 Washington St., 1st awning, off the parking lot). Please help us start the new year right.

We will be collecting healthy snack items that will be served to the guests for lunches at the shelter, but will also go to outreach vans. These vans go out at night and check on people that do not go to shelters.

The upcoming schedule is February 26 & 28; March 26 & 28, April 23 & 25, May 28 & 30 and June 25 & 27.

To organize this collection, please use our Sign Up Genius on our website (www.walpolecatholic.net). Contact Bill Connors at bconnors@newenglandrubber.com with questions.

ADULT CONFIRMATION OPPORTUNITY – SPRING 2026

This spring, Bishop Reed is offering an opportunity for adults who may have missed the Sacrament of Confirmation to receive it on **Thursday, April 9**.

If you were catechized in the Catholic faith and have received **Baptism and First Communion**, but were never Confirmed, now is the time to complete your initiation into the Church. In Confirmation, we are sealed with the Holy Spirit and strengthened to be Christ's witnesses, sharing His light and peace with the world.

Practicing Catholic adults **18 years and older** who have been baptized and received First Communion, but have not yet been Confirmed, are invited to participate in a preparation program beginning in January. This is an opportunity not only to prepare for Confirmation, but also to deepen your understanding of the Sacraments and our Catholic faith.

Contact Deacon Alan (alan.doty@walpolecatholic.org) for more information.

**THE WALPOLE CATHOLIC
COLLABORATIVE 2025 ANNUAL
REPORT IS POSTED ON OUR WEBSITE**
(www.walpolecatholic.net/2025-annual-report)



The view from the Blessed Sacrament Choir Loft on the Baptism of the Lord Sunday, which marks the end of the Christmas season.

COLLABORATIVE OFFICE HOURS

Blessed Sacrament Parish House (10 Diamond St.)
Monday-Friday 9am-1pm

St. Mary Parish Office (205 Washington St.)
Tuesday & Thursday 9am-1pm

ADORATION CHAPEL AT BLESSED SACRAMENT

Monday through Friday 7AM - 10PM with
extended overnight hours on Monday nights and
First Fridays



"The daily adoration or visit to the Blessed Sacrament is the practice which is the fountainhead of all devotional works."

JOIN THE KNIGHTS OF COLUMBUS

Please consider joining the Knights of Columbus Walpole Council. If you would like to join or have questions, please contact Mat Dormont at mdormont@comcast.net or



WCC YOUTH MINISTRY CORNER



We invite the parishioners of the Walpole Catholic Collaborative to join us in our final preparations for receiving the Sacrament of Confirmation this month.

- Pray with us. Each day, recite the *Prayer for Confirmands* asking God to keep our Confirmands in His care as they make their final preparations.
- Congratulate a Confirmand. The weekend following our celebrations, all Confirmands will be listed in the bulletin. Be sure to congratulate those you know in-person!

PRAYER FOR CONFIRMANDS

We raise our confirmands to you, Blessed Lord, for your care. We rejoice in their faith journey and ask you to be their guide, guardian, and help. Let them feel the love of their church family as they begin a new chapter in their lives. Reveal to them your plan your good, perfect, and pleasing will for their lives. Surround them with your Holy Spirit, instilling in each the confidence only you can provide. Amen.

Courtesy of Prayerist.com



January 22, 2026

Our Year Two Fall Group candidates continue with their final preparations for receiving the Sacrament of Confirmation, as they and their Sponsors attend an evening rehearsal at Blessed Sacrament Parish.

January 24, 2026

Bishop Reed joins us at Blessed Sacrament to confer the Sacrament of Confirmation on our Year Two Fall Group candidates.

Please pray for these candidates as they make their final preparations.

January 25, 2026

Our Year Two Spring group candidates continue their sessions with the Confirmation Team working towards their receipt of the Sacrament on March 28, 2026. Our Year One candidates continue their journey toward the Sacrament in 2027.



SECOND SUNDAY IN ORDINARY TIME

READING 1.....ISAIAH 49:3, 5-6 ALLELUIA

The LORD said to me: You are my servant,
Israel, through whom I show my glory.
Now the LORD has spoken
who formed me as his servant from the womb,
that Jacob may be brought back to him
and Israel gathered to him;
and I am made glorious in the sight of the LORD,
and my God is now my strength!
It is too little, the LORD says, for you to be my servant,
to raise up the tribes of Jacob,
and restore the survivors of Israel;
I will make you a light to the nations,
that my salvation may reach to the ends of the earth.

RESPONSORIAL PSALM

R/ (8a and 9a) **Here am I, Lord; I come to do your will.**

I have waited, waited for the LORD,
and he stooped toward me and heard my cry.
And he put a new song into my mouth,
a hymn to our God.

R/ **Here am I, Lord; I come to do your will.**

Sacrifice or offering you wished not,
but ears open to obedience you gave me.
Holocausts or sin-offerings you sought not;
then said I, "Behold I come."

R/ **Here am I, Lord; I come to do your will.**

"In the written scroll it is prescribed for me,
to do your will, O my God, is my delight,
and your law is within my heart!"

R/ **Here am I, Lord; I come to do your will.**

I announced your justice in the vast assembly;
I did not restrain my lips, as you, O LORD, know.

R/ **Here am I, Lord; I come to do your will.**

READING 2.....CORINTHIANS 1:1-3

Paul, called to be an apostle of Christ Jesus by the will of
God, and Sosthenes our brother,
to the church of God that is in Corinth,
to you who have been sanctified in Christ Jesus, called to
be holy, with all those everywhere who call upon the
name of our Lord Jesus Christ, their Lord and ours.
Grace to you and peace from God our Father
and the Lord Jesus Christ.

R. **Alleluia, alleluia.**

The Word of God became flesh and dwelt among us.
To those who accepted him,
he gave power to become children of God.

R. **Alleluia, alleluia.**

GOSPEL.....JOHN 1:29-34

John the Baptist saw Jesus coming toward him and said,
"Behold, the Lamb of God, who takes away the sin of
the world.

He is the one of whom I said,

'A man is coming after me who ranks ahead of me
because he existed before me.'

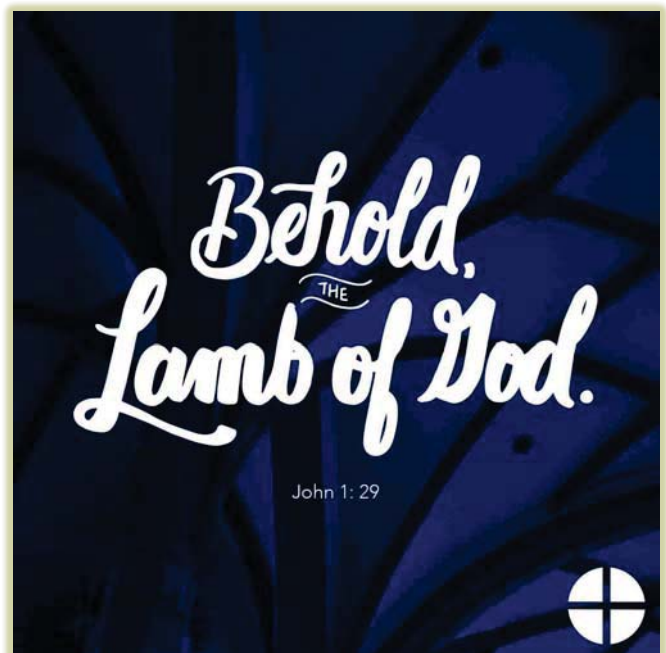
I did not know him, but the reason why I came baptizing
with water was that he might be made known to Israel."

John testified further, saying,

"I saw the Spirit come down like a dove from heaven
and remain upon him.

I did not know him, but the one who sent me to baptize
with water told me,

'On whomever you see the Spirit come down and re-
main, he is the one who will baptize with the Holy Spirit.'
Now I have seen and testified that he is the Son of God."





**PRAYER TO
SAINT MICHAEL
THE ARCHANGEL**

St. Michael the Archangel,
defend us in battle.
Be our defense against the wickedness and
snares of the Devil.
May God rebuke him, we humbly pray,
and do thou,
O Prince of the heavenly hosts,
by the power of God,
thrust into hell Satan,
and all the evil spirits,
who prowl about the world
seeking the ruin of souls. Amen..

MASS INTENTIONS

Saturday, January 17

4pm BSP Larry Romanus

Sunday, January 18

7:30am STM Mary Josephine Morales

8am BSP Manuel Espinosa Jr.

9am STM Abel Cerqueira

9:30am BSP Kathy Elizabeth Turco (1 yr anniv)

11:30am STM John Goggin

Monday, January 19

9am STM Dorothy Binford

Tuesday, January 20

9am STM Robert Blakely

Thursday, January 22

9am BSP Andrew G. Kelly

Saturday, January 24

4pm STM Catherine Kennedy

4pm BSP Robert "Sparky" O'Neill

Sunday, January 25

9am STM Gordon Thomas Smith &

Helen Lameiras

11am BSP Ellie Mealy

11:30am STM Mary Ridge



**SANCTUARY CANDLES AT
BLESSED SACRAMENT**

Remember a friend or loved one with a sanctuary candle lit in his/her name. Your Candle Intention can be in the Chapel or the Main Church for a \$15 donation. The candle will burn from Sunday to Sunday for the week requested. All intentions will be noted in our bulletin. Call our Parish House at 508-668-4700 to request one.

NICENE CREED

I believe in one God, the Father almighty, maker of heaven and earth, of all things visible and invisible. I believe in one Lord Jesus Christ, the Only Begotten Son of God, born of the Father before all ages.

God from God, Light from Light, true God from true God, begotten, not made, consubstantial with the Father; through him all things were made.

For us men and for our salvation he came down from heaven, and by the Holy Spirit was incarnate of the Virgin Mary, and became man. For our sake he was crucified under Pontius Pilate, he suffered death and was buried, and rose again on the third day in accordance with the Scriptures.

He ascended into heaven and is seated at the right hand of the Father. He will come again in glory to judge the living and the dead and his kingdom will have no end.

I believe in the Holy Spirit, the Lord, the giver of life, who proceeds from the Father and the Son, who with the Father and the Son is adored and glorified, who has spoken through the prophets.

I believe in one, holy, catholic and apostolic Church.

I confess one baptism for the forgiveness of sins and I look forward to the resurrection of the dead and the life of the world to come. Amen.

If you are interested in scheduling a mass intention for a deceased loved one, you can call either Parish Office for availability and to schedule a mass in his/her honor.



Sanctuary Lamp in the Main Church
is Lit for Rosemarie DeMichele

Bulletin submissions are subject to approval by the Pastor and may be edited for content and space. Please submit bulletin items stmparishoffice@walpolecatholic.org

Our Mission Statement

We, the faith community of the Walpole Catholic Collaborative, welcome all people with our open hearts and joyful spirits.

Rooted in the love of Christ and His Church, we seek to live a Catholic-centered life, nourished by the sacraments and guided by the Gospel. Through worship, service, and discipleship, we strive to grow in faith and share God's grace with the world.





STAFF

Rev. Jean Pierre Aubin Pastor	Fr. Michael Steele Weekend Priest	
Rev. Heniston Washington Parochial Vicar	Deacon Rey Spadoni	
Rev. Robert Gaudreau Weekend Priest	Deacon Alan Doty	
	Deacon Jim Hyatt	
	Deacon Richard Raab	
Marilena Martucci School Principal	Brian Cote Assistant Vice Principal	Peter Gallitano Director, Finance & Operations
Pat Chitvanni Office Administrator	Kerry Pitman Collab. Office Manager	Elizabeth Drummey Office Coordinator BSP
Bryan Joachim Facilities Manager	Monette Espinosa Finance Office	Gabriella Bachiochi Ministry Coordinator
Oksana Berezkina Director of Liturgy & Music	Anne Ku Organist St. Mary	
Cait & Paul Dufault Faith Formation Coordinators, Gr. 1-3	Deacon Richard Raab Faith Formation Coordinator Confirmation Program	

Contact Info: WalpoleCatholic.net/Staff

COLLABORATIVE MASS TIMES

Saturday Vigil

4pm Blessed Sacrament & St. Mary

Sunday

7:30am St. Mary
8am Blessed Sacrament
9am St. Mary
9:30am Blessed Sacrament
11am Blessed Sacrament
11:30am St. Mary

Daily Mass

Monday-Wednesday 9am St. Mary
Wednesday-Friday 5:45am St. Mary
Thursday-Saturday 9am Blessed Sacrament

Confession Times

First Wed. of the month 7-8pm Blessed Sacrament
Wed-Fri, 5:15am; 6:15am St. Mary
Mon. & Wed. 9:30am St. Mary
Sat. 9:30am Blessed Sacrament
Sat. 2:45-3:50pm at both churches
-Or by arrangement with priest

BLESSED SACRAMENT

10 Diamond St.
Walpole, MA 02081
508-668-4700

SAINT MARY PARISH

176 Washington St.
E. Walpole, MA 02032
508-668-4974

BLESSED SACRAMENT SCHOOL

808 East St. Walpole, MA 02081
508-668-2336

SACRAMENT OF THE SICK

Facing Illness or Surgery? Benefit from the Lord's healing, comfort and strength. Contact the Parish Offices.

LOW GLUTEN HOSTS

Low gluten hosts are available at both Churches. Please contact a sacristan or priest before Mass.

ST. VINCENT DE PAUL

If you or someone you know are in need of temporary financial assistance, call 508-476-6003 and leave a message. Someone will return your call.

PRAYERS FOR OUR SERVICE MEMBERS

Zachary Bannon	Meghan Doyle	Jack Sousa
James Burkecalen	Paul F. Heffernan	Gaelen Moore
Peter Conroy	Matthew Morris	Joe Burgess
Robert Dunne, Jr.	Patrick J. Donovan	Kaitlin Porter
Caitlin Brunetta	Christopher Foley	Parker Zurbrugg
Kyle Bradbury	Sarah Gaughan	Marcus H. Pastran
James Burke	James Dolan	Madison Morano
Richard Neil Matta	Patrick Lanahan	Timothy Abplanalp
Lisa Hines	Michael O'Farrell	Thomas Knoth
Joe Doyle	Sean Foley	Angelina Ruggiero
Trevor MacDonald	Jeffrey Jay	Samuel Stearns
Harry Clow III	Raymond Walach	JohnPaul Bettinelli
Brett Ober	Sean Henderson	Jack Flynn
A.J. Servello	James King	

Lord, hold our troops in your loving hands. Protect them as they protect us. Bless them and their families for their selfless service to us & our country. We ask this in the name of Jesus, our Lord and Savior. Amen.

To add or remove a name, call Kerry Pitman at 508-668-4974 x125 or kerry.pitman@walpolecatholic.org



The Walpole Catholic Collaborative

WEBSITE

can be found at
<http://www.walpolecatholic.net>

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"God is Love" 1 John 4:8

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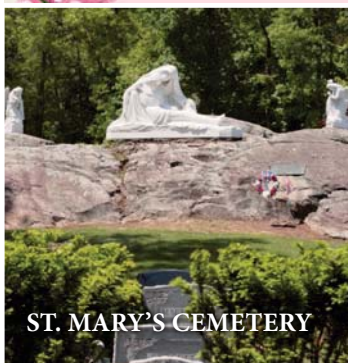
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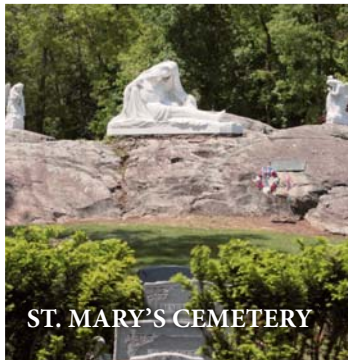
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