

4th SUNDAY IN ORDINARY TIME

“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.” - Mt 5:10-12a

Excerpts from the Lectionary for Mass ©2001, 1998, 1970 CCD.

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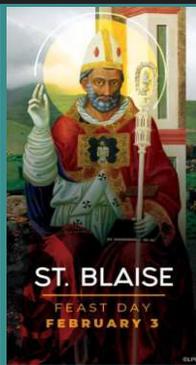
SACRED HEART CHURCH

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Blessing of the Throat Tuesday, Feb. 3, 5:15pm-Sacred Heart

Perhaps it's an example of divine providence that the feast of St. Blaise falls on Feb. 3 — right in the middle of cold and flu season! This fourth-century Armenian saint was a bishop and martyr and is venerated as the patron of those who suffer from illnesses of the throat.

*O Sacred Heart, O Love Divine
Do keep us near to Thee
And make our love so like to Thine
That we may holy be*

[REFRAIN]
*Heart of Jesus, hear
O Heart of Love Divine
Listen to our prayer
Make us always Thine*



*O Temple pure, O House of gold
Our Heaven here below
What sweet delights, what wealth untold
From Thee do ever flow [REF]*

*Ungrateful hearts, forgetful hearts
The hearts of men have been
To wound Thy side with cruel darts
Which they have made by sin [REF]*

World Day
of the Sick
FEBRUARY 11



World Day of the Sick Wednesday, Feb. 11, 5:15pm-Saint Cecilia

Coinciding with the Feast of Our Lady of Lourdes. This annual observance invites believers to offer prayers for those suffering from illness and their caregivers.

THE SACRED HEART'S CHURCH & COMMUNITY'S MISSION:

In the example, imitation & guidance- of the Most Sacred Heart of Jesus - our Divine Patron, we will strive to fulfill the Catholic Church's mission, that is, to evangelize; which means to spread the Gospel of Jesus Christ to all, ultimately seeking to lead everyone to a deeper relationship with God . In this mission, we will embody Christ's love through service, teaching the Catholic faith, and foster the salvation and sanctification of our brothers & sisters, which we will devotedly & zealously manifest in the ongoing efforts to serve the poor, the marginalized, and all those in need in our community.

THE ST. CECILIA'S CHURCH & COMMUNITY'S MISSION:

In the example & intercession of our Patron Saint: St. Cecilia - a Virgin & a Martyr- we will strive to fulfill the Catholic Church's mission, that is, to evangelize; which means to spread the Gospel of Jesus Christ to all, ultimately seeking to lead everyone to a deeper relationship with God . In this mission, we will embody Christ's love through service, teaching the Catholic faith, and foster the salvation and sanctification of our brothers & sisters, which we will devotedly & zealously manifest in the ongoing efforts to serve the poor, the marginalized, and all those in need in our community.

† Wine & hosts for the altar at **Sacred Heart** for the month of **January** have been graciously sponsored in loving memory of **Louis & Irene Zanella**, by **Wendy & Billy Hall**, and their kids.

MASS SCHEDULE

Sat. Jan 31, 4:00 pm (SH) - † In memory of Pat Grandy, requested by Barbara Minch & Anthony Montenaro.

Sun. Feb 1, 9:00 am (SC) - 1.) † In loving 25th birthday remembrance of Bailey Alexandria Field, requested by Mom, Dad and Sammy.

2.) † In loving memory of Christine Bagnardi, 1 yr passed, requested by her loving mother and children & her adoring family.

Sun. Feb 1, 4:00 pm (SC) - For the people of the parish.

Tues. Feb 3 thru Sun. Feb 8, 2026

Tue. Feb 3, 5:15 pm (SH) - For all those in need of healing, particularly illness and disease of the throat.

Wed. Feb 4, 8:00 am (SC) - For the people of the parish

Thurs. Feb 5, 8:00 am (SH) - For the people of the parish

Fri. Feb 6, 8:00 am (SC) - For the people of the parish

Sat. Feb 7, 4:00 pm (SH) - † For the repose of the soul of Ruth Panunzio, requested by Deb Swarczewski.

Sun. Feb 8, 9:00 am (SC) - 1.) † For the repose of the soul of Pat Grandy, requested by Randy & Maureen Christman.

2.) † For the repose of the soul of Pat Grandy, requested by Gloria & Dick Denton.

Sun. Feb 8, 4:00 pm (SC) - For the people of the parish.

The 4pm Sunday Mass @ St Cecilia will be held in the Sacred Heart's Chapel (basement).

COLLECTIONS TOTALS - JAN 24/25 COLLECTIONS:

	SH	SC
AMOUNT NEEDED	1589.00	1794.00
WEEKLY COLLECTION	702.00	804.00
OTHER	806.00	579.00
PARISH TOTAL	1508.00	1383.00
ATTENDANCE	48	41

GOSPEL MEDITATION - ENCOURAGE DEEPER UNDERSTANDING OF SCRIPTURE

Feb 1, 2026 - 4th Sunday in Ordinary Time - Matthew 5:1-12a

A priest I know was once falsely accused of a terrible crime. The claim was wild and easily disproved, but for a while, it didn't matter. In the atmosphere shaped by the abuse crisis of the early 2000s, the public assumption was guilty until proven innocent. His name was dragged through the mud, and his ministry placed on hold. I had the privilege — and the burden — of walking closely with him during that time.

He was angry. He was confused. He felt abandoned and deeply disoriented. The last thing on his mind was the words of Jesus in today's Gospel: "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" (Matthew 5:11-12). Rejoice? He felt anything but.

And yet... something holy slowly grew in him. Not overnight, and not without pain. But as the truth came to light and his name was cleared, I watched him become more Christlike — more patient, more compassionate, more detached from human approval.

Maybe you haven't faced something so dramatic. But where do you feel judged? Misrepresented? Overlooked? Maybe someone else got the credit or the promotion. Maybe someone you love isn't getting their due. In those moments, the Cross of Jesus is near. When we feel accused, that's when we ask him for the grace not just to endure, but somehow, mysteriously, to rejoice and be glad.

-Father John Muir

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THE CROSS OF JESUS IS NEAR

Second Collections

Feb 1 Evangelist

Feb 15 Fuel/Heat

Lector/Eucharistic Ministers

Jan 31 (SH)	Volunteer Volunteer	Feb 7 (SH)	Volunteer Cathy Parry
Feb 1 (SC)	Ann Mahon Andrea Moran	Feb 8 (SC)	Ken Stuff Bill Quinn

Counters Schedule

Feb 2 (SH)	Katherine Downing Kathy Avery	Feb 9 (SH)	Barb Bilins Wendy Hall
Feb 2 (SC)	Flo Stanton Margaret Smith	Feb 9 (SC)	Sandy Hayes Kathy Marcais

Food Pantry



Jan 28 (SH)	Wendy Hall Barb Bilins
Feb 25 (SC)	Flo Stanton Marjorie Savoie Lori Simonds



Sunday Mass at St. Cecilia: The 5 pm Sunday Mass at St. Cecilia has been moved to 4pm for the winter months. This Mass will be held in the basement chapel.

Mass Cancellations, Winter Protocol: During the winter months, if FFCS has a delay or cancelation, Mass will be canceled on that day.

Sacred Heart Pie Raffle: Our weekly pie raffle has returned, just in time for the holidays. Purchase your tickets in the vestibule before Saturday's Vigil Mass

Sunday Raffle at St. Cecilia: We will gladly accept donations as we continue our Sunday raffle. As always, we appreciate your support.

Faith Formation Fundraiser: Our students are selling Super Bowl Squares to help support our Faith Formation Program and also give you a chance to win some great prizes. Squares are \$25 each.

Help us Tackle Hunger!

Our Parishes will be participating in the Souper Bowl of Caring campaign by collecting cash and food items on Saturday, February 7 at Sacred Heart & Sunday, February 8 at St Cecilia. **Donate money and/or a food item and you will get entered into a raffle for a prize!** All of the donations collected will go directly to the Fonda Area food pantry. In 1990, Souper Bowl of Caring began with a simple prayer from a single youth group: *"Lord, even as we enjoy the Super Bowl football game, help us be mindful of those without a bowl of soup to eat."* Since then, more than \$220 million has been generated for local charities across the country through Souper Bowl of Caring. It has become a powerful movement that transforms the time around the Big Game into the nation's largest celebration of giving and caring for those in need. Share in God's love for our neighbors in need and give generously on Souper Bowl Sunday. For more info on the Souper Bowl of Caring visit <https://tacklehunger.org>

Feb. 3 -Tuesday is the Memorial Feast of St. Blaise- a bishop & martyr, who is also popular for his intercession for those who want to be delivered from every disease of the throat & other illness. Everyone is invited; bring your family members & friends. The Holy Mass & Blessings of Throat will be at **Sacred Heart's Church - Tribes Hill at 5:15PM.**

There will be no Healing Mass & Anointing on the First Thursday & Friday of the month of February only. Instead the **Healing Mass will be on Feb. 11-Wednesday at St. Cecilia's Church, at 5:15PM** - on the Memorial Feast of Our lady of Lourdes, as the **World Day of the Sick** which was designated by the late St. John Paul 2nd. Everyone is invited; bring your family members & friends.

Feb.18 is Ash Wednesday, universal fasting & abstinence for us Christians. **Ash Wednesday Holy Mass & distribution of Ashes will be 8AM at St. Cecilia's Church; 5:30PM at Sacred Heart's Church** Communion Service & Distribution of Ashes at 12:15PM at St. Cecilia's Rectory Chapel.

Duc in Altum Discernment Nights: Sept 23, 2025 thru June 23, 2026, hosted every other Tuesday from 5:30-8:30pm. St Isaac Jogues House of Formation, 122 Vliet Blvd, Cohoes. Open to men ages 16+. Please let the office know you plan to attend prior to each specific date. Call 518-453-6690 or email vocations@rcda.org

A Journey of Faith, Humor, and 2 Million Steps: Join us at St Augustine Parish in Troy on Thursday February 12th after the 6pm Mass to hear author and pilgrim Pat DeVaney for an engaging talk on walking the Camino de Santiago, sharing faith-filled insights, unexpected humor, and lessons learned from a 500 mile journey across Spain. Followed by light refreshment provided by the Knights of Columbus. Please register at <https://staugustinetroy.org/caminoofstjames>

Sacred Sparks 2026: You are invited to a free Catholic speed dating event. A fun opportunity for Catholic singles to meet face-to-face in a structured and relaxed setting. A light lunch will be provided. Young adults (ages 24-36) Saturday, February 14th , 12:00-4:00pm at St Edward the Confessor, Clifton Park. Register <https://sacredsparks.eventbrite.com>

Sunday Feb. 8 - 1:30-5:00



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