

Weekend Mass Schedule

Saturday 4:00 pm
St. Stephen Church

Sunday 9:30 am
St. Stephen Church

Sunday 11:00 am
St. Catherine Church

St. Faustina Polish Mission
Sunday 1:00 pm
St. Catherine Church

Sunday 7:00 pm
St. Catherine Church

Livestream Mass: Sunday, February 8th

Weekday Mass Schedule

Tuesday, 9:00 am
St. Catherine Church

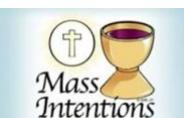
Wednesday, 9:00 am
St. Catherine Church

Thursday, 9:00 am
St. Stephen Church

Friday, 7:30 am
St. Catherine Church

Friday, 9:00 am
St. Stephen Church

Saturday, 9:00 am
St. Catherine Church
(Franciscan Mass)



Tuesday, February 10th
E. Boyd Algee

Thursday, February 12th
Cathy Higgins

Friday, February 13th
Marlene DeBay

Saturday, February 14th
4:00 pm - Terri Scherger

THE SFSC MESSENGER

St. Francis and St. Clare of Assisi Parish

We are a welcoming community of Jesus' disciples who journey together in right Faith, certain Hope, and live out His Love in Word and Deed.

FIFTH SUNDAY IN ORDINARY TIME

FAITH

February 8, 2026



On Wednesday, February 11th, the Feast of Our Lady of Lourdes, the faithful worldwide are invited to recognize the

WORLD DAY OF THE SICK.

Pope Leo's theme for the 2026 World Day of the Sick is:
**"The compassion of the Samaritan:
loving by bearing another's pain".**

Pope Leo states: "Dear brothers and sisters, the true remedy for humanity's wounds is a style of life based on fraternal love, which has its root in love of God. I genuinely hope that our Christian lifestyle will always reflect this fraternal, 'Samaritan' spirit – one that is welcoming, courageous, committed and supportive, rooted in our union with God and our faith in Jesus Christ. Enkindled by this divine love, we will surely be able to give of ourselves for the good of all who suffer, especially our brothers and sisters who are sick, elderly or afflicted."

The Catechism of the Catholic Church states that "the Church believes and confesses that among the seven sacraments there is one especially intended to strengthen those who are being tried by illness, the Anointing of the Sick". It is appropriate to receive the Anointing of the Sick for those suffering from a chronic condition detrimental to their health and well-being, and as soon as "anyone from the faithful begins to be in danger of death from sickness or old age", "just prior to an operation", or "for the elderly whose frailty becomes more pronounced". Through receiving this sacrament, the Holy Spirit will give strength, peace, and courage to help those overcome the difficulties of chronic sickness, serious illness, or old age.

Pope Leo encourages us to raise this ancient prayer to the Blessed Virgin Mary, asking for her intercession for all who suffer and are in need of consolation:
Sweet Mother, do not part from me. Turn not your eyes away from me. Walk with me at every moment and never leave me alone. You who always protect me as a true Mother, obtain for me the blessing of the Father, Son and Holy Spirit. Amen.

Pope Leo imparts his Apostolic Blessing to all who are sick, to their families and to those who care for them – healthcare workers and pastoral workers alike – and in a special way to all participating in this World Day of the Sick.

The Sacrament of the Anointing of the Sick will be available after Wednesday's 9:00 am Mass on February 11th at St. Catherine of Siena Church. For those who cannot attend but who would like to receive this sacrament, please speak to either Fr. Nathanael or Fr. Peter after any Mass and they would be glad to anoint you, or you can call the Parish Office to make an appointment (902-454-8221).



MASS INTENTIONS

At the beginning of each Mass, the Mass Intention for the day will be announced by the Priest; the name will not be included in the Prayers of the Faithful. The only names for the deceased included in the Prayers of the Faithful will be parishioners or family members who have recently died.

LENT BEGINS ON WEDNESDAY, FEBRUARY 18TH

ASH WEDNESDAY, FEBRUARY 18TH, MASS SCHEDULE

9:00 am Mass – St. Catherine of Siena Church
7:00 pm Mass – St. Catherine of Siena Church
7:00 pm Mass – St. Stephen Church



Northwood - Halifax Campus

Mass is celebrated on the 2nd Wednesday of the month at 10:15 am.

Berkeley Gladstone

Mass is celebrated on the 4th Wednesday of the month at 10:00 am.

Adoration of the Blessed Sacrament

Wednesdays - following the 9:00 am Mass to 4:00 pm.
Fridays - 9:00 am to 4:00 pm.
St. Catherine of Siena Church

Adoration of the Blessed Sacrament with Confession

Thursdays 7:30 pm
Franciscan Holy Hour of Eucharistic Adoration,
Confession available.
St. Catherine of Siena Church

Confession Times

Saturdays, following the 9:00 am Mass
St. Catherine of Siena Church

Saturdays, 3:00-3:45 pm
St. Stephen Church

Pray the Rosary

Saturday 3:00 - 3:45 pm
Monday 7:15 - 8:00 pm
St. Stephen Church

Sunday 6:20 - 6:45 pm
St. Catherine of Siena Church

SSVP Food Assistance

St. Catherine's
902-455-6525

St. Patrick's
902-405-3806

St. Stephen's
902-405-3686

St. Theresa's
902-414-4625

PLEASE RETURN YOUR PALM THIS WEEKEND: There will be baskets at the back of the churches for you to bring in last year's palms. They will be used to prepare this year's ashes.

The **OFFERING ON ASH WEDNESDAY** will be for the Society of St. Vincent de Paul. Please note, that we have four St. Vincent de Paul Conferences active within our Parish. If you use envelopes, please write on the envelope the SSVP group you are supporting with your donation: St. Catherine of Siena, St. Patrick, St. Stephen, or St. Theresa. Parishioners can also e-transfer by sending donations to officesfsc@gmail.com (include name, SSVP as the designation of your gift, and conference). Each of our Conferences need your support. Thank you for your continued generosity!

STATIONS OF THE CROSS (Fridays during Lent, except Good Friday)

6:30 pm at St. Catherine of Siena Church (St. Faustina Polish Mission)
7:00 pm at St. Stephen Church

SACRAMENT OF RECONCILIATION:

Thursdays from 7:30 – 8:30 pm in St. Catherine of Siena Church
Saturdays following the 9:00 am Mass in St. Catherine of Siena Church
Saturdays from 3:00 - 3:45 pm in St. Stephen Church

FORMED: Formed is available FREE to support all of us in going deeper in Lent. Hear God's voice in new ways through *The Heart of Prayer*, *How to Lent* and *Foretold*. To sign up, go to formed.org, enter your email address and name, and search for our Parish - St. Francis and St. Clare of Assisi.

40 HOURS OF EUCHARISTIC ADORATION

In response to Pope Leo XIV's proclamation of a special jubilee year marking the **800th anniversary of the death of St. Francis of Assisi**, our parish will be offering a **40 Hours Devotion of Eucharistic Adoration**. Through this devotion, we hope to become recipients of the special graces being offered to the Church throughout this year.



Why 40 Hours?

In the early 1200s, while praying in the Church of San Damiano, St. Francis heard the Lord say to him: *"Repair my Church, which, as you can see, is falling into ruin"*. Francis initially understood this call in a literal way and began rebuilding the crumbling chapel. As he grew in faith, he came to realize that God was calling him to help spiritually renew the entire Church through a life of poverty, preaching, and service. From this call, the Franciscan Order was born. This call did not end with St. Francis. It continues today and is not meant only for Franciscans, but for the entire **Body of Christ**.

We invite all parishioners to take part in this devotion and to pray especially for our shepherd, **Bishop Dunn**, for the Church of the **Archdiocese of Halifax**, and the **World Church**.

Adoration will begin on Sunday, February 22nd, following the **7:00 pm Mass**, and will continue uninterrupted until **Tuesday, February 24th, at 12:00 noon**. Immediately following the conclusion of the 40 Hours, **Mass will be celebrated at St. Catherine of Siena Church**. (No 9:00 am Mass for that day.)

Please note that **a minimum of two people must be present in the church at all times** during Adoration. Sign-up sheets are available at the back of both churches, and you may also sign up online through our parish website at sfscparish.ca.

BIBLE STUDIES STARTING IN LENT 2026

A STUDY OF THE GOSPEL OF MARK

The program will include an explanation of the origin of the gospel, an in-depth look at each passage, and will include group discussion and prayer. The study will be based on Dr. Mary Healy's Catholic Commentary on Sacred Scripture. Dr. Healy is a professor of scripture at Sacred Heart Major Seminary in Detroit and serves on the Pontifical Biblical Commission, which ensures correct interpretation of the bible, having been appointed by Pope Francis in 2014 and reappointed in 2021.



The study facilitator is Catherine Sanderson, a Lector at St. Catherine's and an experienced leader for bible studies, small group discussion, and prayer. The course will be offered virtually via Zoom for 10 weeks, starting on Monday, February 23rd, from 7:00 - 8:00 pm. All are welcome. Join us when you can as each session will be unique. To sign up, contact Catherine Sanderson: sanderc6162@gmail.com.



JOIN US FOR AN EPIC ADVENTURE!

The Bible isn't just a book with hundreds of stories; it's one colossal, mind-blowing narrative. It's the story of God, humanity, and the journey from chaos to redemption. It's a tale of love that's deeper and wider than the universe itself. And guess what? It's all about Christ, from beginning to end.

Never thought about it that way? No worries, we've got you covered. Join us for an 8-session course called "Unlocking the Mystery of the Bible", where we'll take you from Adam and Eve to Christ and the Church.

We'll meet on Saturdays from 2:00 - 3:30 pm at St. Catherine's, starting on February 28th. The course fee is \$20 to cover the cost of materials, and financial assistance is available for those who need it. Email biblecourse2026@gmail.com, or call 902-449-6672/Myra to enroll.

HOPE



ST. CATHERINE OF SIENA'S ELEMENTARY PROGRAM (PRIMARY TO SIX)

This Sunday, February 8th, classes will take place from 10:00 - 10:45 am for students enrolled in the program at St. Catherine's. Next Sunday, February 15th, a Children's Liturgy will be celebrated during the 11:00 am Mass. For more information on the program, please contact Donna Noddin (donna.noddin@gmail.com).



ST. STEPHEN'S ELEMENTARY PROGRAM (PRIMARY TO SIX)

This Sunday, February 8th, a Children's Liturgy will be celebrated during the 9:30 am Mass. Next Sunday, February 15th, a gathering for students at St. Stephen's will take place from 10:30 - 11:30 am in St. Stephen Church Hall. For more information on the program, please contact Haley Bishop (faithformationsfsc@gmail.com).



Youth Group, for Junior High and High School Students, meets on Wednesday evenings, from 7:00 - 8:30 pm in St. Catherine of Siena Church Hall. For more information or to register, contact Haley Bishop (faithformationsfsc@gmail.com).



You are invited to join us for a **ST. VALENTINE GATHERING**

Come and watch a video on the true story of St. Valentine. A priest who had to make the decision of whether he would obey God's law or the law of the Emperor. There will also be valentine crafts, valentine treats, and lots of fun!

We invite grade primary to six students to join us on:
Friday, February 13th, from 6:00 - 8:00 pm
in St. Catherine of Siena Church Hall

Along with the special focus on St. Valentine, as always, we will have the ping pong tables set up, and all the board games available to be played. It's a great opportunity to be together!

HOPE TO SEE YOU THERE!

**Parish
Leadership Team**
Claudette Carroll
Jim Evans
Jaison Joseph

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[@sfscparish](#)

LOVE IN ACTION

BAKE SALE FUNDRAISER

FEBRUARY SWEETNESS WARM UP!! SSVP BAKE SALE FEBRUARY 15TH!

Be on the look out for our Bake Sale on February 15th before and after the 9:30 am Mass at St. Stephen's! Don't forget your cash!

All proceeds to support the St. Vincent de Paul Conference at St. Stephen Church.

PARISH NEWS

OFFICE MOVE

We are moving the office from its current location to the front rooms in the Rectory. In saying this, we will need to close the office to make the move. The Parish Office will be closed on Friday, February 6th, Thursday, February 12th, and Friday, February 13th. We will be checking for messages but may not be able to respond immediately. We thank you for your patience as we make this move.

VALENTINE'S DAY POTLUCK DINNER & WINE NIGHT



Location: St. Catherine's Hall (**baby sitting provided**)

Date: February 14, 2026

Time: 4:00 to 7:00 pm

New to the parish, **make new friends**. Long time parishioner **lets get to know each other**.

Have babysitting problems, **we will have baby sitting in the adjacent room**.

Bring your recipes and we will share them and maybe have a parish cookbook.



What to Bring

- A dish of your choice to share (main, side, or dessert)

What to Expect

- A cozy, friendly atmosphere
- A community-style dinner
- Music, conversation, and Valentine's Day cheer
- A great opportunity to connect and unwind.

Feel free to bring family, friends, or anyone who would enjoy the evening.

Let's celebrate love, friendship, and good food together!

Email if you plan to attend mpinto.pers@gmail.com



ST. FAUSTINA POLISH MISSION

invites everyone to the church hall at St. Catherine of Siena on Sunday, February 15th, for lunch after their 1:00 pm Mass (approximately 2:00 pm). The price is \$10.00 per person for two "golabki" (cabbage rolls), a homemade piece of cake and coffee/tea. **All are welcome!!!**

**Stewardship is the way we love God and neighbor with our whole lives
– our Time, our Talent, and our Treasure!**

Anyone wishing to submit announcements for the bulletin is asked to send them to officestfstc@gmail.com by 9:00 am each Wednesday morning. Thanks!

PARISH OFFICE HOURS:

MONDAY - CLOSED; TUESDAY TO FRIDAY - 9:00 AM TO 1:00 PM
(Closed February 12th & 13th.)

Email officestfstc@gmail.com

Parish Office: 902-454-8221

Address: 6032 Normandy Drive, Halifax, NS B3K 2S9

Website: <https://www.sfscparish.ca>

