**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, January 25th****Weekday Mass Schedule**

Tuesday, 9:00 am  
St. Catherine Church

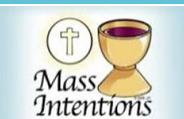
Wednesday, 9:00 am  
St. Catherine Church

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, January 27th  
Billy Nash

Wednesday, January 28th  
Patricia McManus

Thursday, January 29th  
Teresa Ann Walsh

Friday, January 30th  
Margherita Benigno

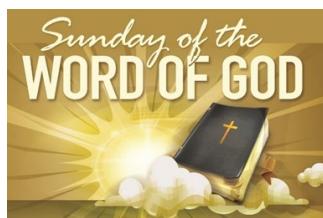
Saturday, January 31st  
9:00 am - Special Intention  
4:00 pm - John Chaddock

**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.

**THIRD SUNDAY IN ORDINARY TIME****FAITH**

**January 25, 2026**



The **Sunday of the Word of God** in 2026 is being celebrated this Sunday, January 25th, falling on the Third Sunday in Ordinary Time, with the theme "The Word of Christ Dwells Among You" (Colossians 3:16). It is a day for the Church to renew its love for Scripture and focus on its importance in daily faith. This day was established by Pope Francis in 2019.

Paul, in his letter to the Corinthians, does not ask that the Word be merely listened to or studied; he wants it to dwell, that is, to inhabit our very being. To be inhabited by the Word ultimately means permitting Christ to speak even today through our lives, so that every person may recognize His presence in us and in the world.

Pope Leo XIV's prayer intention for the month of January is for the faithful to pray with the word of God. The Holy Father has stated that he is praying "that we may learn, practice, and love praying with the word of God." "The gift of Scripture is God's love letter to humankind," he said. "Let's pray that we all draw from this gift and get to know Our Lord."

Perhaps the man who best understood the relationship between God's Word and hope was a pagan, the Roman centurion who, after pleading with Jesus to heal his sick servant, in the face of the Lord's immediate willingness declared himself unworthy for him to go to his house and said to him, "only say the word and my servant will be healed" (Mt. 8:8). One word from Christ was enough for him to have a sure hope in the healing of his servant.

**FEAST OF ST. BLAISE - FEBRUARY 3<sup>RD</sup>**

St. Blaise was a fourth-century bishop in the city of Sebaste, Western Armenia, and died as a martyr in the year 316. According to legend, as Blaise was being taken to prison because of his faith, a mother came along with her young child, who had a fish bone lodged in his throat. When Blaise prayed over the boy, he was able to cough up the bone. In gratitude, the mother brought candles to Blaise while he was in prison. Other miracles were also attributed to him. For that reason,

St. Blaise is the patron saint of people with diseases of the throat.

On January 31<sup>st</sup>, & February 1<sup>st</sup>, Blessing of the Throats will be available following all Sunday Masses, as well as, following the 9:00 am Mass on Tuesday, February 3<sup>rd</sup>. During the blessing, two unlit candles are held next to each person's throat as the priest or deacon says, "Through the intercession of St. Blaise, bishop and martyr, may God deliver you from every disease of the throat and from every other illness: In the name of the Father, and of the Son, and of the Holy Spirit."

**DON'T FORGET TO RETURN YOUR WREATH RING**

Just a reminder for those who attended our Advent Wreath Making at St. Catherine's to return the metal ring to us, as we will store it for you until next year. THANKS!

### Northwood - Halifax Campus

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

### Berkeley Gladstone

Mass is celebrated on the 4<sup>th</sup> 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

### 40 HOURS OF ADORATION FOR THE WORLD CHURCH

Peace, simplicity, love of the poor and all God's Creation are core Christian messages throughout the Gospels - but of all the many saints who have exemplified these, perhaps the best-known, and one of the most beloved, is St. Francis of Assisi.

This year is the 800th Anniversary of the Saint's death, and Pope Leo XIV has declared a "Year of St. Francis" which will run until January 2027.

Starting on Sunday, February 22, 2026, St. Francis and St. Clare of Assisi Parish will be hosting "40 Hours of Adoration for the World Church". At the completion of the 40 Hours of Adoration we will celebrate Mass. Mass will take place at St. Catherine of Siena Church at 12 noon on Tuesday, February 24th.

While we require a minimum of two (2) people for every hour of adoration, we welcome all to come and adore. Access will be available through the side door with the ramp at St. Catherine. A sign-up sheet will be available at the back of both churches and on our website.



### JOIN US FOR AN EPIC ADVENTURE!

## BIBLE 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](mailto:biblecourse2026@gmail.com), or call 902-449-6672/Myra to enroll.



### BOOK OF SPECIAL INTENTIONS

Parishioners are reminded that a Book of Special Intentions will be available at the entrance of both churches for parishioners to write their special prayer intentions. These books of Special Intentions will be brought up in the Offertory Procession during the Liturgy of the Eucharist at our Sunday Masses. The Sunday Mass is celebrated for the needs of the Parish, and this will only be made more visible when the book is brought up in procession. All parishioners are encouraged to use the book requesting prayers for the living and our deceased.

### HAVE YOU CHECKED OUT FORMED FOR AMAZING CATHOLIC CONTENT?

## FORMED

Movies, formation series, documentaries, devotionals, audio books and eBooks. It's easy to register and use. The Parish has a subscription to FORMED so it doesn't cost you anything to use! New things are added regularly, and it is a great way to grow in faith.

**How to Login to Formed:** Visit <https://formed.org> and choose "Formed for Individuals" to create a free account. Enter your email address. In the Parish lookup area, type "ST FRANCIS AND ST CLARE OF ASSISI PARISH" and select it from the list. Enter your Name and your Email address a second time to complete the creation of your account. You will immediately be taken to the homepage where you can browse featured programs and/or search for specific topics, audiobooks, etc.



## **CONGRATULATIONS TO THE NEWEST MEMBER OF OUR PARISH FAMILY!**

Sabria Ely Quiambao Malig , child of Leslie Quiambao & Patrick Malig

May the Spirit she has received through the waters of Baptism guide her as she grows in greater understanding of her faith and holiness!

## **HOPE**



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

This Sunday, January 25th, classes will take place from 10:00 - 10:45 am for students enrolled in the program at St. Catherine's. Next Sunday, February 1st, 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](mailto:donna.noddin@gmail.com)).



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

This Sunday, January 25th, a Children's Liturgy will be celebrated during the 9:30 am Mass. Next Sunday, February 1st, 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](mailto: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](mailto: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!**

## **LOVE IN ACTION**



### **KICK UP YOUR BOOTS FOR A GREAT CAUSE!**

YES, WE ARE GATHERING AGAIN!! On Saturday, February 7th, from 10:30 am to 12:00 noon in St. Catherine of Siena Church Hall, everyone (18 years and older) is invited for a fun, friendly class of Line Dancing.

The best thing about Line Dancing is that you don't need a partner! It will be a perfect mix of fun, fitness, and friendly faces. New to Line Dancing or experienced, all are welcome.

The \$10 admission fee (cash only) will be collected at the door. There will also be a 50/50 draw. All proceeds will support the St. Catherine's Conference of St. Vincent de Paul.

Bring your energy and get ready to move! It will be a fun morning while we support a great cause!

## **PARISH NEWS**



Happy New Year! Just a note to say a big thank you for all those who prayed, sent flowers or cards. After spending nine weeks in the hospital, I am now home and on the mend. Your thoughts and prayers were greatly appreciated. ~ Theresa Richard

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

**FOLLOW US ON**



[Facebook](#)



[@sfscparish](#)

## **MEET OUR TEAM**

Fr. Nathanael DesRoches, FoH  
Administrator

Fr. Peter Hanna, FoH  
Associate Pastor

Rev. Mr Paul Carnell  
Rev. Mr. Bernie Coffin  
(Retired)

Rev. Mr. Gérald LeBlanc  
(Retired)

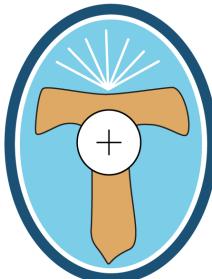
Rev. Br. Grant McLean, FoH

Sr. Rita Hanna, FoH

Anne James  
Operations Coordinator

Haley Bishop  
Faith Formation Coordinator  
[faithformationsfsc@gmail.com](mailto:faithformationsfsc@gmail.com)

Elizabeth Clark  
Administrative Assistant  
[officestfsc@gmail.com](mailto:officestfsc@gmail.com)



## **DIOCESAN NEWS**

**SKATE FOR SHELTER** - Looking for a way to share the love on St. Valentine's Day? Join us for 'Skate for Shelter' on Saturday, February 14th, from 1:00–3:00 pm at the Emera Oval. Get outside for an afternoon of skating, some hot cocoa, and sweet treats. No skates? No problem! Skates and helmets are available on-site to borrow at no cost. You will need to show a valid government-issued photo ID.



The event is free, however, your donations are welcome! **All proceeds support the [Emergency Shelter Project](#) of the Archdiocese of Halifax-Yarmouth.** Bring your friends, your family, or your Valentine, and help us warm up winter for those in need. For more information contact our Development Coordinator, Jennifer Dewrey-Deane: [jdeane@halifaxyarmouth.org](mailto:jdeane@halifaxyarmouth.org)

**HEALING THE WHOLE PERSON** - This eight session teaching, presented by Dr. Bob Schuchts & Sr. Miriam James Heidland, is for anyone desiring wholeness, freedom, and an encounter with a loving Creator. Journey through eight talks, reflect on your life experience, and discover the healing God desires for you. For more info contact [sherryflemming@gmail.com](mailto:sherryflemming@gmail.com)

**When:** Monday evenings from February 2nd to March 30th 2026, 6:30-8:30 pm

**Where:** Stella Maris Parish (Spryfield), Church Hall, St. John the Baptist Room

**Register:** [www.stellamarishalifax.com/adult-faith-formation-signup](http://www.stellamarishalifax.com/adult-faith-formation-signup)

## **STEWARSHIP**

### **Pre-Authorized Debit Giving Plan (PAD)**



Those parishioners who have a monthly withdrawal taken from their bank account (on the 15th of the month) to support our Parish finances are reminded that your box of numbered Sunday envelopes is available for you. They have been pre-printed to allow you to indicate that you give through PAD. You may simply place your empty envelope in the basket each week as participation in the offering is a part of our liturgy.

Please note that the PAD program covers only your regular Sunday offerings in support of the Parish. To support a 'special collection', you would still use the envelope provided in your box.

### **Options for Giving to our Parish**

1. Sign up for pre-authorized debit (PAD) on our website or by contacting the Parish office.
2. E-transfer by sending donations to [officestfsc@gmail.com](mailto:officestfsc@gmail.com) (include name, designation of your gift and church).
3. CanadaHelps.org - a secure third-party method to make a one time donation and/or to set-up monthly donations by credit card (see our website).
4. Request weekly Sunday envelopes through our Parish Office.

The options for giving are available on our website at <https://www.sfscparish.ca/donate>.



Please be assured that any donations received will be assigned to your account and income tax receipts will be issued. Thank you for your continued generosity! Please contact the Parish Office for more information.

Anyone wishing to submit announcements for the bulletin is asked to send them to [officestfsc@gmail.com](mailto:officestfsc@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**

Email [officestfsc@gmail.com](mailto:officestfsc@gmail.com)

Parish Office: 902-454-8221

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

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