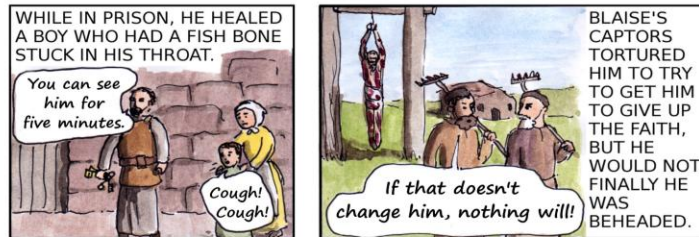
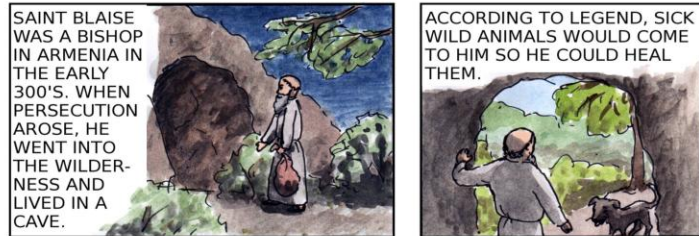


SAINT BLAISE

FEBRUARY 3



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.

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

www.thekidsbulletin.wordpress.com

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 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.

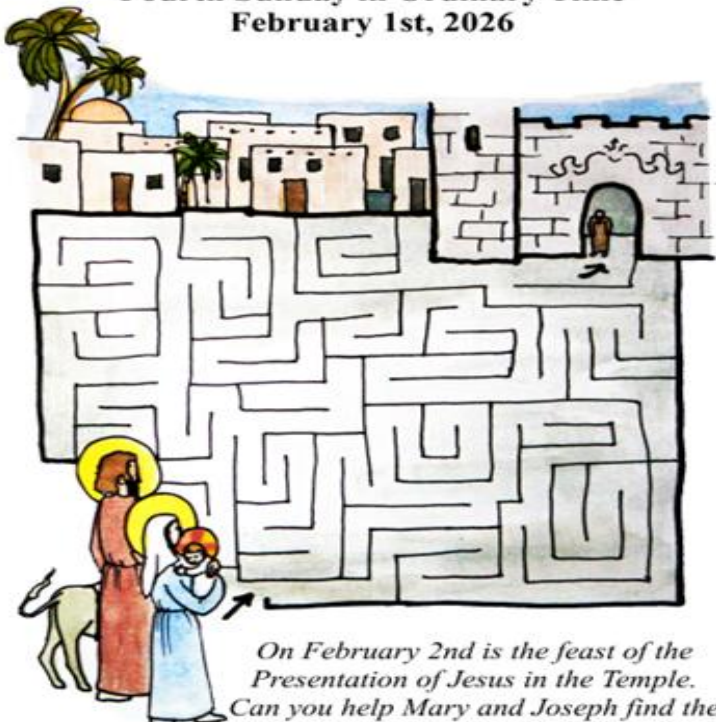
"Blessed are the POOR in SPIRIT, for theirs is the kingdom of HEAVEN. Blessed are they who MOURN, for they will be COMFORTED. BLESSED are the meek, for they will INHERIT the land. Blessed are THEY WHO hunger and thirst for RIGHTEOUSNESS, for

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

The Kids' Bulletin

Fourth Sunday in Ordinary Time
February 1st, 2026



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?



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ST. THÉRÈSE PARISH

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At Your Service À Votre Service

Rev. Adrian Tumanda
Pastor

(780) 619-8128

pastorplamondonsti@dostp.ca

Parish Office
Claire Richard
(780) 798-3760
officeplamondonsti@dostp.ca

Office Hours
Tuesday and Thursday
8:30-4:30pm

Website: stisidoreparish.ca
with links to St. Thérèse

Sunday Mass
Messes du Dimanche
Breynat – Sunday 9 am
Plamondon - Sunday 11 am

Daily Mass
Messes du Chaque Jour
Plamondon – Tues to Fri 9am
Rosary begins 8:40 am

Adoration & mass
Plamondon – Every first
Friday of the month at 7pm



February 1, 2026

February 8, 2026

4th and 5th Sundays

In Ordinary Time



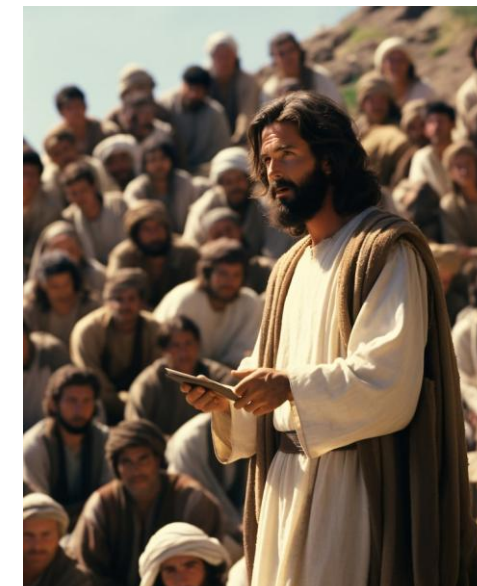
The Beatitudes: Inspiration and Challenge

Today, on the Fourth Sunday in Ordinary Time and Pro-Life Sunday, we rejoice in the consoling message of the Beatitudes, proclaimed in the Gospel and foreshadowed in the First Reading. In these words, Jesus invites us to see life, human dignity, and true happiness through God's eyes. The Beatitudes lift up virtues—meekness, mercy, poverty of spirit, and a hunger for justice—that often challenge worldly values. As we celebrate this Eucharist, may we commit to living the Beatitudes in our respect for life and care for others.

Let Our Light Shine

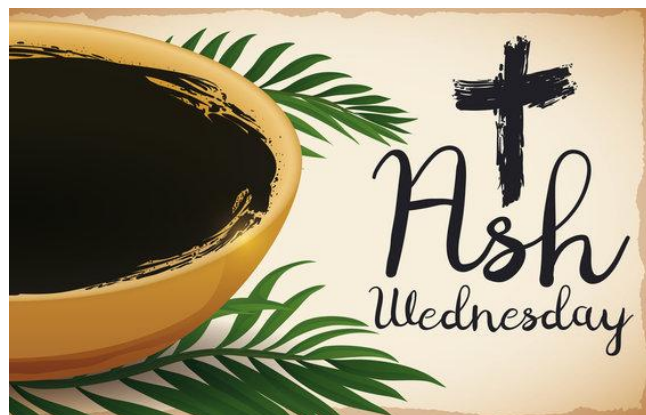
On this Fifth Sunday in Ordinary Time, Jesus calls His disciples to be "the light of the world." We are called to live with clear consciences and reflect in our actions the radiance of love, honesty, purity, respect, and sincerity, making our lives bright and meaningful.

In a world darkened by sin, our task is to let this light shine through word and deed. As we celebrate the Eucharist and encounter our Brother and Lord, Jesus Christ—the Light of the world—may He strengthen us to be witnesses of truth, hope, and life, and inspire gratitude for all who courageously defend life in the Pro-Life Movement.





Announcement Corner



Ash Wednesday – Beginning of Lent
Wednesday, February 18th at St. Isidore Church
Ecole Beausejour Mass – 2 pm
Evening Mass – 7 pm
Everyone is invited to attend

Prayer Chain

We recommend to your prayers, the healing and recovery of: Laurette Casavant, Jeannette Hebert, Randy Biollo, Chantal Gauthier-Vaillancourt, Lawson Mickiewicz, Mary Jones, Sandra Ball, Muriel Richard McKay, Leonie Germain, Cecile Amiot-Joncas, Marcel Lemay and Darlene Cyre. Father of Goodness and love, hear our prayers for these sick members of our lives, and for all those who are in need of your healing presence.

Dear Parish Family,

As we begin this new year, I want to personally thank you for the many ways you have supported our parish. Your help with our Christmas & New Year events, your generosity, and your continued care for our church and rectory mean more to me than words can express.

Your time, effort, and dedication are truly appreciated. Because of you, our parish remains a place of faith, service, and welcome. I am deeply grateful for your kindness and your commitment to our parish community.

May this new year be a fresh beginning filled with hope, unity, and renewed faith. I look forward to continuing our journey together with gratitude and trust in God's blessings.

*With sincere thanks and prayers,
Fr. Adrian*

February 1-7, 2026 is

CATHOLIC HEALTH CARE WEEK

Catholic health care is the cornerstone of health care in Alberta.

For more than 155 years, this sacred mission has been carried forward through compassion, service and faith, caring for the human person from birth to natural death.

Visit covenantfoundation.ca/oursacredlegacy to learn more about how you can keep this sacred legacy alive.



CATHOLIC HEALTH CARE WEEK

More than 155 years ago, the Sisters of Charity (also known as the Grey Nuns) arrived in what would become Alberta with little more than faith, courage and a deep conviction that every life is sacred. They cared for the sick, welcomed the vulnerable and built the foundations of Catholic health care in our province.

Today, that same mission lives on in Covenant hospitals, continuing care centres and community health programs across Alberta. And it lives on through you: through the prayers, generosity and support of people who believe that compassionate care is still a calling.

When you support Covenant Foundation, you are not just remembering a legacy. You are helping carry it forward, ensuring that faith continues to be lived through care for generations to come.

This Catholic Health Care Week, learn about our sacred legacy at covenantfoundation.ca/oursacredlegacy

Week of February 1-13 – Semaine Fevrier 1-13

Feb 1 Sun/Dim	9:00 AM 11:00 AM	+Dorien Aubee as offered by Vivian Aubee and family +Donna Hrynyk-Ulliac as offered by Marcel & Holly Ulliac
Feb 3 Tue/Mar	9:00 AM	For the families of Stephen Lemay that they may find strength and courage as life continues as offered by Cecile & Guy Lambert
Feb 4 Wed/Merc	9:00 AM	Join us for weekday mass in the chapel; rosary begins at 8:40am
Feb 5 Thur/Jeu	9:00 AM	Join us for weekday mass in the chapel; rosary begins at 8:40am
Feb 6 Fri/Vend	7:00 PM	Mass and adoration to follow +Steve Cooper as offered by Roger & Bonita Marchand
Feb 8 Sun/Dim	9:00 AM 11:00 AM	Thanksgiving mass for Rachele Samson, as offered by Rachele Samson Birthday blessings for Margarita Escultura, as offered by the Beland family
Feb 10 Tue/Mar	9:00 AM	Join us for weekday mass in the chapel; rosary begins at 8:40am
Feb 11 Wed/Mer	9:00 AM	34 th World Day for the Sick
Feb 12 Thur/Jeu	9:00 AM	For the families of Stephen Lemay that they may find strength and courage as life continues as offered by Cecile & Guy Lambert
Feb 13 Fri/Vend	9:00 AM	Join us for weekday mass in the chapel; rosary begins at 8:40am

Parish Volunteers

Date	Lector	Extra Ordinary Minister	Welcoming	Collection
Feb 1 11am English	Luisa Piontek Crystal Plamondon	Caroline Giammarioli	Denis & Toni Lord	Lori & Cletus Girard
Feb 8 11am French	Etienne Vaillancourt Franco Giammarioli	Richard Mahe	Cecile & Guy Lambert	Michael Piontek Rick St. Jean
Feb 15 11am English	Kathy Plamondon Caroline Giammarioli	Luisa Piontek	Sophie Plamondon Martha Ryan	Toni & Denis Lord
Feb 22 11am French	Rena Braund Sylvia Cote	Franco Giammarioli	Theresa & Rick St. Jean	Lucien Cote Jacques Labonte

Collections

	<u>St. Theresa</u>	<u>St. Isidore</u>	
	Jan 11, 2026	\$ 202.00	\$ 895.00
	Jan 18, 2026	\$ 260.00	\$ 2048.00
	Jan 25, 2026	\$ 242.00	\$ 610.00
	Pre-Authorized (month of February 2026)	\$ 4,701.00	
<i>Pre-Authorized Debit to your bank account is a simple, worry-free way to give to your parish. Ask us how. Please enquire by calling or emailing the parish office.</i>			