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St. Joseph The Worker Parish, Russell, MB

St. Theresa's Parish Rossburn, MB

Responsorial Psalm (Psalm 112): Light rises in the darkness for the upright.

St. Joseph The Worker News:

Please remember in your prayers those who are sick in hospitals, care homes, or in their homes & those who care for them. If you wish to receive the Sacraments of Anointing, Confession, or Holy Communion – please call the parish office & leave a message: 204-773-2924.

Praying with Pope Leo February: *For children with incurable diseases:* Let us pray that children suffering from incurable diseases and their families receive the necessary medical care and support, never losing strength and hope.

Mass Intentions For This Week:

5th Sunday in Ordinary Time

Saturday Feb 7	11:00 a.m. Rossburn Immaculate Heart Of Mary For all parishioners req by Father Paul
	7:30 p.m. Russell – For Fr Paul req by Gary & Nicole Petz
Sunday Feb 8	9:00 a.m. Russell Zoom on-line Mass 9:00 a.m. and YouTube after 10:15 a.m. For all parishioners req by Father Paul
	11:00 a.m. Rossburn + Suffering Souls in Purgatory req by Rose & family
	11:00 a.m. Gambler First Nation – Liturgy of the Word with communion with Deacon Darin
Monday Feb 9	Health of Family & friends req by Jean Goba
Tuesday Feb 10	No Mass
Wed Feb 11	No Mass – Deanery Meeting
Thurs Feb 12	No Mass – Treatments
Friday Feb 13	8:30 a.m. Russell Adoration 9:00 a.m. + Carol Schott req by Mike & Alice Shenderevich 10:15 a.m. Mass & Music at Rossburn Personal Care Home

6th Sunday in Ordinary Time

Saturday Feb 14	7:30 p.m. Russell Fr Paul req by George Mangin & family
Sunday Feb 15	9:00 a.m. Russell Zoom on-line Mass 9:00 a.m. and YouTube after 10:15 a.m. For all parishioners req by Father Paul

****Confirmation classes this week will be at St. Joseph's on February 11th, 2026 at 3:30 p.m.** Please keep the confirmation candidates and their teachers in your prayers. Thank you!

Russell & Area Food Connection's Basket is located at the church entrance for your food donations. Please help those less fortunate in our communities. Thank you!

Saints are people who let the light shine through: A little boy was taken by his mother to see a famous cathedral. On the windows were the pictures of various Christians. As he was watching the sunbeams shining through the stained-glass windows, he asked his mother, "Who are those people on the windows?" She said, "They're saints." The little boy looked at the windows and said, "Oh! So Saints are only real people who let the light shine through. Could I be one?" "If you really want to," his mother answered with a smile." — They were both right. And that's why Jesus died for us: so that we can all become saints, here and hereafter! (<https://frtonyshomilies.com/>).

World Day of the Sick – February 11

The ministry of Jesus to the sick is central to the life of the Church. February 11 (Memorial of Our Lady of Lourdes) highlights the healing ministry of the Church. It reminds us that service to the sick and suffering cannot be neglected. It recognizes the great efforts of doctors, nurses, health care institutions and pastoral care givers to restore health to those afflicted with illness and disease.

*****On the Mass' of February 14th & 15th, Father Paul will be offering the Anointing of the Sick to all who wish to receive this precious Sacrament.*****

On February 1, 2026, there was \$144 deposited for the Children's collection making a total for 2026 of \$336 for the Children's Collection. Thank you to the children who donate so joyfully each Sunday!

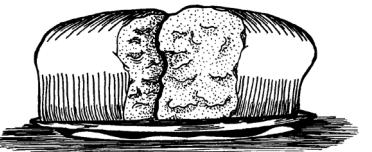


*****Stations of the Cross***** will be celebrated each Friday during Lent at 7:00 p.m. on Zoom. The 1st Station of the Cross will be February 20th. If you wish to join in and are not presently on Zoom, email stjoewkr@gmail.com to get the link for Zoom. We also plan to do the Stations of the Cross on the last Friday of Lent, March 27th at St. Joseph's Parish.

Ash Wednesday falls on February 18th this year. Mass is at 6:30 p.m. Fr. Paul at St. Theresa's Parish and Deacon Darin at St. Joseph's Parish.



Just a reminder that only 2026 envelopes should be used. There are still some 2025 envelopes being used. If for some reason you do not have 2026 envelopes please contact the office. If you have already been given a box of envelopes and have misplaced them, please let us know and we will give you another box. We want to make sure that if you make a donation that it gets put to the proper persons envelope number as your envelope number usually changes from year to year. Therefore, please do not use the 2025 envelopes. Thank you.



Give glory to your Father in heaven.

Mt 5:16

Life Messages: **1) We need to be the salt of the earth:** a) As salt is a symbol of purity, used in sacrifices, the Christian must be an example of purity in speech, in conduct, and even in thought. b) As salt is an antiseptic and healing agent, the Christian must have a certain antiseptic influence on life and society, defeating corruption, fighting against injustice and making it easier for others to avoid sin. c) As salt preserves foods, we need to preserve the religious Faith, Christian cultural values, and moral principles which Jesus has given us, and to work at reconciling quarreling factions in families and communities. d) As salt is a food-flavoring agent, we need to add flavor to the lives of desperate people through outreach programs, which give meaning to their lives, boost their morale, offer them occasions to help others, and provide hope where there is none.

2) We need to be the light of the world: The second role of Christians is to receive the light of Christ and radiate it to everyone as love, kindness, mercy, forgiveness, humble service, and respect for those with different ethnic backgrounds, different lifestyles, other faiths — or no faith at all. As a guiding light in darkness, our duty as Christians is to show the correct and safe way and to shine through the darkness with Christ's Light, thus removing the darkness caused by hatred, prejudice, spite, and jealousy. As a warning light, as Christians, our duty is to give timely and loving warning of physical and moral danger to those we encounter. As a warming light, our duty as Christians is to warm the cold hearts of others with warm, affectionate words and deeds.



Is your salt salty and your light shining? If you doubt your light matters, take this little quiz: 1. Name the five wealthiest people in the world. 2. Name the last five Heisman trophy winners. 3. Name the last five winners of the Miss America Pageant. Do you know all these answers? Probably not. Ask yourself some additional questions: 1. Who fed and clothed you when you were helpless? 2. What was the name of your 1st grade teacher? 3. Who is the first friend you would call in an emergency? You do know the answers to these questions. They are the salt and light of the world. (<https://frtonyshomilies.com/>).

Dear Padre,

Are the readings at the beginning of Mass equal to the celebration of the Eucharist?

The Mass is celebrated in two major parts: the **Liturgy of the Word** and the **Liturgy of the Eucharist**. These parts complement each other in a balance of word and sacrament. In his 2004 apostolic letter *Mane Nobiscum Domine* (Stay With Us Lord), Pope St. John Paul II described these complementary elements. Using the story of the two disciples on the road to Emmaus on the night of Easter Sunday, the Pope likened the two parts of the revised liturgy to these disciples' journey. First, Christ breaks open the word for them, preparing their hearts with an interpretation of the Scriptures. Then, they recognize Christ as they break bread.

The Liturgy of the Word, proclaimed and preached well, allows time for silence and reflection on the wisdom offered. It becomes the necessary overture for the celebration of thanks and praise and the gift of the sign and sacrament to follow. Parishes are called to take the Liturgy of the Word most seriously and to bring it to a new level of proclamation. Pope St. John Paul II admonished all involved, but especially preachers, to cherish the word and preach it so the depths of the mysteries celebrated may be recognized and received into the burning hearts of Christians. In this context, the Scripture readings are given a prominence they didn't have in the older Roman rite. ●

From The Eucharist: 50 Questions from the Pews by Fr. Richard Fragomeni, PhD (816994), © 2009 Liguori Publications



A WORD FROM POPE LEO XIV

In a divided and troubled world, the Holy Spirit teaches us to walk together in unity. The earth will rest, justice will prevail, the poor will rejoice, and peace will return once we no longer act as predators but as pilgrims. No longer each of us for ourselves but walking alongside one another. Not greedily exploiting this world but cultivating it and protecting it.

HOMILY, ROME, JUNE 7, 2025



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Our Parish COMMUNITY

February 8, 2026

Fifth Sunday in Ordinary Time (A)

Isaiah 58:7-10 / 1 Corinthians 2:1-5 / Matthew 5:13-16



That Our Wounds Might Be Quickly Healed

ANN M. GARRIDO

Some years ago, I took a crash course in chaplaincy. Chaplains are often called on to accompany people through life's gloomier seasons—be it in a hospital, in a nursing home, in prison, or following a disaster. As you might imagine, our training involved sessions on how to best alleviate the isolation and despair many people experience in these places and situations. Pray with people? Invite them outside into nature? Make sure physical discomfort is mitigated? All of these are good practices, my chaplain supervisor emphasized, but research indicates that the quickest way to lift the heaviness many feel is to get them involved in alleviating the suffering of others.

I suspect neither Isaiah nor Jesus would have been surprised by this research. In today's first reading, Isaiah says that if we feed the hungry and give shelter to the homeless, if we clothe the naked and care for our family members in need, we will know what it means to have light in the midst of darkness, and our gloom will melt away as if under the noonday sun. Similarly, Jesus describes our good deeds as being like light, meant to be shared generously with others.

In recent years, we have seen an uptick in depression and anxiety, even among the young. We can be tempted to focus more inwardly on our own lives, our own griefs and shortcomings. Self-awareness is certainly a good trait to have! But, perhaps counterintuitively, today's readings remind us that our "wounds shall quickly be healed" more readily when we focus on the needs of others. ●

Reflect

Why does helping another lift our own spirits?



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