



# SAINT DOMINIC PARISH

February 08, 2026

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Issue 06 | Volume 7

## FIFTH SUNDAY IN ORDINARY TIME

### *Living the Life of Beatitude*

—Fr. Ranjan D'Sa O.C.D.

There is a story told about a young Boy Scout. On this day, his Boy Scout troop was participating in first-aid training – learning how to administer first-aid in emergency situations. This young scout was asked to lie on the ground with red bandages all over him as if he was wounded and told to wait for help to arrive. He waited, and waited, and waited but no help came. When the rest of the scouts came, they found a note on the ground that said, “*I have bled to death and gone home*”.

Chapters 5 to 7 in Matthew’s Gospel are known as the Sermon on the Mount. Jesus started this discourse by putting forward the idea of what it means to be His disciple. He lays before His listeners the eight Beatitudes and then explains how to live by them. These Beatitudes are the nucleus or essence of Jesus’ teaching.

### How to live the life of Beatitude?

Jesus said, “you are the salt of the earth” – so be the salt. Then He said, “You are the light of the world” – again it simply means be the light. When a Christian becomes the salt and the light of the world, he will be like a

city built on the hill. It cannot be hidden. A Christian living the life of Beatitude, will transform the world for good. True Christians are the catalyst in creating a kingdom of God here in this world.

In the ancient world, salt was a precious commodity. Salt and precious metals were sold to the caravans as equal essentials. Romans, too, valued salt as something very precious. The word salary in English is derived from the Roman custom of paying soldiers’ wages in salt. (The Latin word for salt is sal.) Salt was used mainly to preserve meat and other foods for winter use. As we know, salt brings taste to our food. Life lived according to the Beatitude, helps Christians keep this world joyful and free from the corruption of all evil.

We need to remember that, although Jesus said that we are the light of the world, the true light is Jesus Himself. We can reflect only that light, which we receive from Jesus. The work of light is not to draw attention to itself, but, rather, to make all objects visible by shining itself on them. In humility we need to take every opportunity to bring Christ to all people in the world.

## PARISH LITURGIES

### —FIFTH SUNDAY IN ORDINARY TIME—

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#### **Tuesday February 10 - St. Scholastica**

8:30 am + Alfredo Mancini

#### **Wednesday February 11 - Our Lady of Lourdes**

8:30 am + Aurora

#### **Thursday February 12 - St. Agatha**

8:30 am + Natalie Crosby

#### **Friday February 13**

8:30 am + Frank Evans

9:00 am Adoration

### —SIXTH SUNDAY IN ORDINARY TIME—

#### **Saturday February 14**

4:00 Reconciliation

5:00 For:

+ John Duggan, + Patrick Whiffin, + Alphon-  
sus Whiffin, + Paula Hefferman, + Merrick  
Family, + George Hutter, Int. Maria Wojdyla,  
+ Joseph Lia

#### **Sunday February 15**

9:00 am For our

11:00 am Parishioners



### SHROVE TUESDAY PANCAKE SUPPER



Our traditional Shrove Tuesday Pancake Supper returns on Tuesday, February 17th, 2026! This year's event will once again feature: A "Toppings Bar" with fresh fruit and a variety of delicious toppings. The return of our Chocolate Fountain – a crowd favourite.

Tickets will be on sale this weekend after Mass. The cost is \$15 per person and \$10 per child.

### ASH WEDNESDAY

Wednesday, February 18th is Ash Wednesday. There will be two Masses that day, one at 8:30am and the other one at 7:00pm

### LENT

Lent is almost here. The main purpose of Lent is to prepare ourselves adequately for the celebrations of Easter which is the feast of Jesus' resurrection - the feast of our salvation. We prepare for Easter by prayer, fasting, and penance. A traditional form of prayer is the communal celebration of **The Way of the Cross**. The Way of the Cross helps us to understand and relive in our own ways the passion of Christ. Every Friday, beginning **February 20, at 7:00 pm** we will celebrate **The Way of the Cross**. Please join us with your family. Let us make this lent a special one.

### SACRAMENT OF FIRST RECONCILIATION



**Thursday, February 26th at 6:30 pm  
in the Church.**

*Parents are also invited to set a good example by going to Confession.*

### SANCTUARY LAMP



***Our Sanctuary Lamp will be lit this week  
In Memory of Frank & Rita Evans***

### UNLOCKING THE SECRETS OF THE BOOK OF REVELATION



You are invited to join Fr. Ranjan D'Sa and Dr. Peter Swirzon on a journey into the timeless and mysterious mystical realm of the Book of Revelation where the secrets of God's plan of salvation are revealed in symbols and imagery, in mysterious prophesies and allegorical figures. It promises to be a journey filled with intrigue, puzzling paradoxes and enigmas. Please join us on Wednesday evening

from 7:00 pm – 8:30 pm in St. Dominic Parish Centre.

### RAISE A ROOF—JAMAICA—2026

A group of 10 teenagers and their 12 mentors from St Raphael's and St. Dominic's will be going on a Mission Project to build houses in Jamaica during the March Break. On the weekend Masses of February 7th and 8th, they will make an announcement about their Project called "Raise a Roof: Jamaica" and request your donations for this mission project and prayerful support. Thank you

***"I am the light of the world, says the Lord;  
whoever follows me will have the light of life."***

**ST. DOMINIC GOOD FRIDAY PASSION PLAY**



We are looking for students in grade 7 to grade 12—who will perform the Gospel Passion on Friday April 3rd, at the 11:00 Good Friday Liturgy.

Rehearsals are from 4—6pm Friday, February 27, Friday, March 6, and Friday March 27 at St Dominic Parish. (Food will be provided)

Please contact Colleen & Claire Gamble at colleengamble123@gmail.com or the Parish Office if you are interested or a School Chaplain.

**Volunteer Hours are rewarded.**

**THE DIOCESAN WEDDING ANNIVERSARY MASS**



Are you celebrating your 25<sup>th</sup>, 40<sup>th</sup>, 50<sup>th</sup>, 60<sup>th</sup>, or 60+ Wedding Anniversary in the year 2026? You are cordially invited to join Bishop Dabrowski and couples from across the Diocese of Hamilton for a Wedding Anniversary Mass on

Sunday, May 31, 2026 at the Cathedral Basilica of Christ the King in Hamilton at 1:30 pm. (Space allows room for Anniversary couples only – those married 60 years or more may bring one guest if you require assistance.) Registration is found under Upcoming Events on the home page at [hamiltondiocese.com](http://hamiltondiocese.com), or call the Family Ministry Office at 905-528-7988 ext. 2249.

**HAMILTON DIOCESE PRAYER CALENDAR**

Monday, February 09	Rev. Lourdy Dorismond, O.M.I.
Tuesday, February 10	St. Scholastica, Virgin
Wednesday, February 11	Discalced Carmelite Nuns, O.C.D.
Thursday, February 12	Parents & Guardians
Friday, February 13	Rev. Hanh Van Tran, O.M.I.
Saturday, February 14	Rev. Adam Voisin

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**ENHANCING SELF-ESTEEM**

This program provides the opportunity to increase awareness of yourself and to learn specific skills for building a positive self-esteem. It can help you to feel stronger in all areas of your life. Issues covered during the course include taking responsibility for your own thoughts and feelings, positive ways to behave assertively and setting realistic goals for your future. The program will run Tuesdays from Feb. 17 - April 12 from 7-9pm and are held at the Chancery Office at 700 King St., W., Hamilton. Cost is \$15 for materials. Registration online can be found by going to [hamiltondiocese.com/upcoming events](http://hamiltondiocese.com/upcoming%20events) or by contacting Sarah at 905-528-7988 ext. 2249

*“Light rises in the darkness for the upright”*

**PARENTING TIP OF THE MONTH**

We are constantly teaching our kids by what we choose to make priority. We encourage schoolwork to be done well, engage in extra-curricular activities for fun and development, pray and attend Mass so faith stays at the forefront of our family values. We are however, also teaching our children when we are not trying to teach them. In those moments we are silently saying, you matter and I love being with you, that family time to relax is vital to good mental health and that undertaking chores together connects us as a family. So, enjoy the non-teaching times because they matter more than you might think!

**SAINT DOMINIC PARISH**

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Pastoral Associate/Youth Minister: Michael Aguiar  
[michael@saintdominic.ca](mailto:michael@saintdominic.ca)

Deacon: Reverend Mr. Terry Murphy  
Parish Accountant: Brian Thornton  
Secretary: Mary Evans  
Sacristan: Judi Kingry  
Custodian: Peter Coffey

Parish Hours: Tuesday to Friday – 9:00 am to 4:00 pm (Closed from noon to 1:00 pm).

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