



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. ●



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COMMUNITY

Reflect

Why does helping another lift our own spirits?



*"Your light shall break
forth like the dawn,
and your wound shall
quickly be healed."*

ISAIAH 58:8



St. Anthony's Church

26 Middle Road -Warwick WK03, Bermuda
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Parish Email: stanthonybermuda@gmail.com

Father Jacob Swapan Gomes-Pastor

Telephone Number – 292-0607 Ext. 5

Cell Number -- 704-1874

Reconciliation: By appointment

Baptisms: By Appointment – One month in advance

Weddings: By Appointment –A year in advance

Organist: Jane Farge

St. Anthony's Club (CCD): Fridays 6:30 pm to 8:00 pm

Coordinator: Anna Daniel 441-236-2438

Email: stanthonycdd@yahoo.com

St. Vincent de Paul Rep: Pat Rodrigues

St. Vincent de Paul No. 525-1191

Mass Schedule at St. Anthony's

Feb 07	6:15 pm	Maria de Lourdes Furtado+ & Herminio Soares Furtado+
Feb 08	11:30 am	Parishioners of St. Anthony
Feb 10	8:30 am	
Feb 11	8:30 am	
Feb 12	8:30 am	Raymond & Debra Tannock++
Feb 13	8:30 am	
Feb 14	6:15 pm	Manuel & Ana Reis++
Feb 15	11:30 am	In Thanksgiving (Louise Vizien)

Volunteers Needed

Volunteers are needed to serve as lectors, Eucharistic ministers, ushers, collection counters, etc. If you can assist kindly let a member of the Parish Council know or Pat Rodrigues at 524-1026.

St Vincent de Paul Poor Box Donations

Please use: BDA # 2000 6060 4767 11100 or
US # 8400 7847 30010

Cash donation - please use the SVDP envelopes and place in the collection baskets at the weekend Masses.

Any amount goes a long way to support those in need.

Lector's Workbooks

Lector's workbooks for the new liturgical year 2026 are available in the Sacristy.

Holy Rosary

Please note that the Holy Rosary is recited every Wednesday morning at St Patrick's Church at 10:00 am. Please join.

Bulletin for February 7 and February 8, 2026

Weekly Collections at St. Anthony's

Jan 24/Jan 25	\$ 1.128.00
Jan 31/Feb 1	\$ 595.00
Maintenance	\$ 400.00

**Online payments can be made directly into the Bank account of St. Anthony's – Butterfield Bank –
BD \$ Current A/c – 20006060061567100 and
US \$ Current A/c - 20006840061567100.**

Please make sure to indicate what the donation is for in the memo field when making the payment online – i.e., General collection; Maintenance; Mission Sunday, etc. Multiple payments can be made for those times when you are away or on vacation. Please note that we are charged \$20 for US checks drawn on a US Bank. Kindly **do not** place Canadian or British currency or any old Bermuda currency in the collection baskets.

Maintenance Collection – first weekend of the month

St. Anthony's Ministry Schedules

February 7 & 8, 2026

Counting: Annette Boyle and Denis Thornhill

Lector: 6:15 p.m. Alice Astwood-Smith

11: 30 a.m. Denis Thornhill

Eucharistic Ministers:

6:15 p.m. Raynae Fleming

11: 30 a.m. Annabelle Saunders & Julita Looby

Hospitality Ministers:

6:15 p.m. Jackie Tailford

11: 30 a.m. Denis Thornhill

February 14 & 15, 2026

Counting: Annette Boyle & Jackie Tailford

Lector: 6:15 pm Annette Boyle

11:30 am Sylvester

Eucharistic Ministers:

6:15 pm Raynae Fleming

11:30 am Julita & Annabelle

Hospitality Ministers:

6:15 pm Jackie Tailford

11:30 am Denis Thornhill

Bishop's Corner

Dear Fellow-Catholics,

"The compassion of the Samaritan: loving by bearing another's pain" is the theme of Pope Leo XIV's message for the 2026 commemoration of the World Day of the Sick, to be held on 11th of February. He noted that he chose the image of the Good Samaritan as it "is always relevant and essential for rediscovering the beauty of charity and the social dimension of compassion and helps further direct our attention towards the needy and all those who suffer, especially the sick."

The Pope went on to divide his message into the gift of encounter in three ways: "The joy of offering closeness and presence; The shared mission of caring for the sick and Always driven by love for God, to encounter ourselves and our neighbour."

At the end, he invited the faithful to join him in praying to the Blessed Virgin Mary, Health of the Sick, to assist all who suffer and are in need of compassion, consolation, and a listening ear, with the following ancient prayer, often invoked in families for those living with illness and pain. *"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."*

Finally, Pope Leo XIV concluded by imparting his Apostolic Blessing to all who are sick, to their families, and to those who care for them, healthcare workers and pastoral workers alike.

The official text of the message:

<https://tinyurl.com/yt4cnjut>

Have a peaceful and a good week.

Bishop Wes

Important Messages

Please be advised that due to Bishop Wes' travel to Europe, there will be NO Portuguese Mass nor Adoration at St. Theresa's and at St. Patrick's on Wednesday the 4th and 11th of February, as well as on 18th of February (Ash Wednesday).

Please be advised that the World Day of the Sick occurs on Wednesday, February 11th. The Sacrament of the Anointing of the Sick will be administered during the regular Masses at St. Theresa's at 7:30 am and 12:10 pm, at St. Patrick's at 8:00 am and at St. Anthony's at 8:30 am.

Salvation Army Soup Run

As some of you may know, members of our diocese assist with The Salvation Army Soup Run to feed the homeless on Monday, Tuesday and Saturday nights.

Several of our volunteers have retired after many years of service and we are looking for new volunteers to replace them. If you are interested in volunteering or getting more information, please contact Joe Kelly at joekelly@logic.bm.

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. ●



GOOGLE GEMINI

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



MILJAN ZIVKOVIC / SHUTTERSTOCK

Do you have a question for the Padre?

Go to [DearPadre.org](https://dearpadre.org) to send your question and to learn more about *Dear Padre*.

Monday

February 9
Weekday
1 Kgs 8:1–7, 9–13
Mk 6:53–56

Tuesday

February 10
St. Scholastica, Virgin
1 Kgs 8:22–23, 27–30
Mk 7:1–13

Wednesday

February 11
Weekday
1 Kgs 10:1–10
Mk 7:14–23

Thursday

February 12
Weekday
1 Kgs 11:4–13
Mk 7:24–30

Friday

February 13
Weekday
1 Kgs 11:29–32, 12:19
Mk 7:31–37

Saturday

February 14
Sts. Cyril, Monk, and Methodius, Bishop
1 Kgs 12:26–32; 13:33–34
Mk 8:1–10

Sunday

February 15
Sixth Sunday in Ordinary Time
Sir 15:15–20
1 Cor 2:6–10
Mt 5:17–37
or 5:20–22a, 27–28, 33–34a, 37