



## That Our Wounds Might Be Quickly Healed

ANN M. GARRIDO

**S**ome 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. ●



LEARN ABOUT  
THE AUTHORS  
OF OUR PARISH  
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. MICHAEL'S PARISH

53 South Road, Paget PG 03 | P.O. Box HM 727, Hamilton HM CX

Pastor: Reverend Joseph F. H. Morley, Vicar General • Cell: 705 0236

Email: stmichaelsbermuda@gmail.com

**Weekend Masses:** Vigil: 5:00pm, Sunday: 10:15am  
Saturday 7:00pm (Neo-Catechumenal Mass).

**Baptisms:** by appointment 3 weeks in advance

**Weddings:** by appointment 6 months in advance

[www.facebook.com/stmichaelpaget](https://www.facebook.com/stmichaelpaget) & "LIKE" us | [Diocesan Webpage: www.romancatholicbermuda.bm](http://Diocesan Webpage: www.romancatholicbermuda.bm)

#### Parish Administrator:

Karen Marsh  
email: karenmarsh.bda@gmail.com  
(c) 799 0842

#### Pastoral Council CCD Coordinator:

Patricia Carreiro  
email: pcarreiro1976@gmail.com  
(c) 737 1047

CHANCERY OFFICE  
EMAIL [orcc.bermuda@gmail.com](mailto:orcc.bermuda@gmail.com)



# Mass Schedule & Intentions

We welcome our parishioners and visitors who have come to St. Michael's to worship this weekend. May you be blessed by your presence here today.

## MINISTRIES ...

### FEBRUARY 7/8th -THE FIFTH SUNDAY IN ORDINARY TIME

5:00PM Lector: Karen Marsh EM: Peter Marsh  
10:15AM Lector: Jesse Almeida EM: Christine DaCosta  
Collection: Pat Robinson

### FEBRUARY 14/15th -THE SIXTH SUNDAY IN ORDINARY TIME

5:00PM Lector: Joshua Blee EM: Sara Peniston  
10:15AM Lector: Pat Robinson EM: Christine DaCosta  
Collection: Karen Marsh

## MASS INTENTIONS ...

### FEBRUARY 7/8th -THE FIFTH SUNDAY IN ORDINARY TIME

5:00PM World Peace  
10:15AM For St. Michael's Parishioners

### FEBRUARY 14/15th -THE SIXTH SUNDAY IN ORDINARY TIME

5:00PM For St. Michael's Parishioners  
10:15AM For the Sick and Suffering

Thank you for your generosity.



## Stewardship

sharing the gifts we have been given

### JANUARY 31st/FEBRUARY 1st COLLECTION

\$515

Poor Box \$30

ELECTRONIC CONTRIBUTIONS CAN BE MADE ONLINE  
to St. Michael's Church's: BNTB Account # 2000 6060 081824 100.

WHEN MAKING YOUR ONLINE TRANSACTION, BE SURE TO INCLUDE YOUR NAME AND "COLLECTION" AS YOUR MEMO ON YOUR BANKING TRANSACTION.

## Pastor's Point ...



Dear Parishioners,

This week there is a different focus with a 1 page fact sheet (see page 7 of this bulletin) as we celebrate NATIONAL MARRIAGE WEEK from Feb. 7 - 14, 2026, but also there is a wonderful PARISH RESOURCE called: Parish Resource: NATIONAL MARRIAGE WEEK 2026 from the United States Conference of Catholic Bishop (USCCB) with 3 pages total and one can visit: [foryourmarriage.org](http://foryourmarriage.org).

This resource has a few ideas for parishes, couples, and families to celebrate National Marriage Week. There is website too: At Home Marriage Retreat, Marriage Unique for a reason DVD, date night movies for in home entertainment, plus 12 other websites and resources from the USCCB.

Like the saying goes, "When Family breaks down, Society breaks down." Let us not let the family be replaced since God created this for our benefit as couples are co-creators with God. Blessings to all families, big and small, young or senior, no matter where you come from. Your witness is not replaceable, no matter how imperfect each family is.

God bless,

Fr. Joe, Pastor and Vicar General

## WORDS OF LIFE

"Married love differs from any other love in the world. By its nature, the love of husband and wife is so complete, so ordered to a lifetime of communion with God and each other, that it is open to creating a new human being they will love and care for together."

USCCB, Married Love and the Gift of Life



## LITURGICAL GUIDELINES FOR THE LENTEN SEASON

The Season of Lent begins on Ash Wednesday, February 18, 2026, and concludes before the Evening Mass of the Lord's Supper on Holy Thursday, April 2, 2026. The Sacred Triduum begins with the Evening Mass of the Lord's Supper on Holy Thursday and reaches its high point in the Easter Vigil.

Day of Week	Date	Mass
Sunday	February 18, 2026	Ash Wednesday
Sunday	February 22, 2026	First Sunday of Lent
Sunday	March 15, 2026	Fourth Sunday of Lent (Laetare Sunday)
Sunday	March 29, 2026	Palm Sunday of the Passion of the Lord
Thursday	April 2, 2026	Holy Thursday - Evening Mass of the Lord's Supper
Friday	April 3, 2026	Good Friday of the Lord's Passion
Saturday	April 4, 2026	Holy Saturday
Sunday	April 5, 2026	Easter Sunday of the Resurrection of the Lord

Lent is a sacred season of prayer, fasting, and almsgiving, preparing the faithful for the celebration of the Lord's Resurrection at Easter. During these forty days, the Church calls us to ongoing conversion of heart, renewed reliance on God's mercy, and deeper participation in the Paschal Mystery, following the biblical tradition of forty days of preparation.

## Bishops 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.

+ Wes   
Bishop Wes



## 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 Pew* 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

## What is Happening in Our Diocese?

Please be advised that due to Bishop Wes' travel to Europe, there will be NO Portuguese Mass nor Adoration at St. Theresa's on Saturday, 7th of February and at St. Patrick's on Wednesday the 4th and 11th of February, as well as on 18th of February (Ash Wednesday).

### St. MICHAEL'S

- SYNODAL BIBLE STUDY - is inspired by the method of SPIRITUAL CONVERSATION used during the Synod on Synodality. It is leading a small group using the texts from the Sacred Scriptures in a structured format emphasizing: listening, discernment, and community, fostering a deeper connection with scripture and with each other. This NEW BIBLE STUDY each Thursdays at 3:00pm in the Pastor's Office. Just park behind the Church and make sure to bring your CATHOLIC BIBLE. This is FREE and is open for anyone in the diocese interested with everything else provided. Any questions please contact Fr. Joe at 705-0236.
- EMMAUS Bible Study: Each Tuesday at 3pm
- Neocatechumenal Way Eucharist celebration - Saturdays at 7:00pm

### St. THERESA'S

- During the winter season St. Theresa's Cathedral will be locked at 4:00pm from Monday to Friday.
- Daily Mass is celebrated at 7:30am.
- Noon Day Mass in St. Theresa's Cathedral: The 12:10pm Mass is celebrated each Wednesday, Thursday, and Friday

### St. ANTHONY'S

- Daily Mass is celebrated Tuesday - Friday at 8:30am

### St. PATRICK'S

- Daily Mass is celebrated at 8:00am
- The Rosary is recited every, WEDNESDAY at 10:00am
- Adoration each Thursday evenings at 7:00 pm
- A mass in Tagalog takes place on, THE SECOND FRIDAY of the month at 7:00pm.

### St. JOSEPH'S

- A Filipino mass is celebrated every, THIRD SATURDAY OF THE MONTH at 11:00am

### STELLA MARIS

- A Filipino mass is celebrated on the LAST Wednesday OF THE MONTH at 7:00pm

**ST. THERESA'S GIFT SHOP** Opening hours - 10:00am-2:00pm. Tuesdays and Saturdays. Come and see what we have.



DOING THE MOST GOOD

## 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 .

**WE NEED YOUR HELP**

## World Day of the Sick



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 7:30am and 12:10pm, at St. Patrick's at 8:00am and at St. Anthony's at 8:30am.

— \* —

*"How often, when we care for those in need, do we discover love! We realize that we are 'angels' of hope and messengers of God for one another".*

Pope Francis, World Day of Prayer, 2025

## BE THANKFUL

Be thankful that you don't already have everything you desire. If you did, what would there be to look forward to?  
Be thankful when you don't know something, for it gives you the opportunity to learn.  
Be thankful for the difficult times. During those times you grow.  
Be thankful for your limitations, because they give you opportunities for improvement.  
Be thankful for your mistakes. They will teach you valuable lessons.  
Be thankful when you're tired and weary, because it means you've made a difference.  
It's easy to be thankful for the good things. A life of rich fulfillment comes to those who are also thankful for the setbacks.  
Find a way to be thankful for your troubles, and they can become your blessings.

8/27/2012



LET'S TALK  
**MENTAL HEALTH**

### Mental Health Brochures . . .

Please find included in the Bulletin rack (in Portuguese and English) and as individual links to the weekly email blast three flyers discussing your Mental Health and Wellness. They are brilliant, informative and very helpful flyers.

If you or someone you know is struggling with mental health illness or suicidal thoughts, please call: 236-3770 weekdays from 8:00am to 5:00pm (MWI) 911 or 239-1111 (24/7 Crisis hotline)

# Our Sunday Readings

ISAIAH 58:7-10  
PSALM 112:4-9  
1 CORINTHIANS 2:1-5  
MATTHEW 5:13-16

## Be Salt & Light

### ISAIAH 58:7-10

#### **Reading closely**

1. To whom is the prophet speaking?
2. What are all the things God wants the people to do?
3. What does God promise to do for the people?
4. What does life seem to be like for the people at the moment?
5. How might the people have felt about these words?
6. Why do you think some people weren't helping those in need?

#### **Living the word**

7. Why do people set limits on helping others?
8. What's the connection between worshiping God and helping others?
9. Do you think worship is more important than service and acts of justice?

### THE FIRST READING

#### **The good old days**

In 587 BC the Babylonians destroyed Jerusalem and the temple. When the Persians defeated the Babylonians about fifty years later, they allowed the Israelites to rebuild. God's people then

expected to become as strong a nation as they once had been. They were disappointed: their rebuilt temple was much smaller, and life in the city was hard.

#### **Upholding the whole law**

As the Jews rebuilt their lives in Jerusalem, some obeyed only parts of God's law, like fasting and bringing sacrifices to the temple. They didn't help those in need. Yet in the law God gave to Moses at Sinai, he didn't only command certain rituals, he also commanded care for the poor and oppressed (vv.7, 9b, 10a).

Moreover, given their own past losses and trauma, God's people should especially try to take care of those in need.

Only when his people obey the entire law will God come to their aid (v.9a). Then...

- The dark days will give way to the brightness of joy and success (vv.8a, 10b)
- God will heal the lingering pain, guilt, and sorrow from the Babylonian invasion (v.8b)
- God will march behind his people, giving them protection (v.8c)

**MATTHEW 5:13-16**

**Reading closely**

1. To whom is Jesus speaking?
2. When must people be salt and light?
3. How might people lose their flavor?
4. Why can't people become salty again?
5. What could *thrown out and trampled underfoot* mean?
6. How might people of this era react to the sight of an illuminated city on a mountain?
7. Why would someone put a light under a basket?
8. What's the purpose of being salt and light?
9. Why do you think Jesus said this?
10. How do you think people reacted to this teaching?

**Living the word**

11. How public should your faith be?
12. What makes you lose flavor or become dark?
13. Share a time you or someone else was drawn to Christ because of a good deed.

**THE GOSPEL READING**

**Forming followers**

Two Sundays ago we heard that Jesus started his public ministry by teaching, proclaiming God's kingdom, and healing. In chapters 5-7 Matthew gives us some of the content of Jesus' teaching.

Jesus wants his followers to be part of his ministry, so he calls them salt and light. Note that *you* is in the plural form. Only together are we salt and light. *You*, the individual, can't season and brighten the world all by yourself. People need the support and guidance of others in order to continue Jesus' work in the world.

**Salt**

People used salt to add flavor to food and to preserve meat, which was helpful in a world without refrigerators. Salt was sold in combination with other minerals because people hadn't yet learned how to refine it. When the minerals were boiled, the salt was absorbed into the food. The other minerals were discarded.

Jesus' followers must preserve their eagerness to share the good news with others, even when the world persecutes them (vv. 11-12). If they lose their zest for the gospel, they become useless. They no longer help others learn about and welcome God's kingdom.

**Light**

Jesus clarifies how his followers are a light for others.

- A city built on a high hill glimmered in the night from the lamps lit by its many citizens. It was easy to spot against the otherwise dark landscape.
- In Jesus' day most people lived in houses that had only one or two rooms. Given the absence of electricity and artificial light, people placed a lamp on a stand in the middle of the room in order to maximize visibility.

**Season & illuminate**

This passage itself doesn't clarify how exactly we are to be salt and light, but the surrounding passages in Matthew's Gospel do. We hear about managing our anger and sexual desires, keeping our word, and loving our enemies. In these ways and more we participate in Jesus' ministry to bring people into God's kingdom.

**PRAYER**

Lord Jesus,  
you came so that everyone could be part of your Father's kingdom.

We want to spread the gospel,  
to reveal God's love and mercy,  
but it's hard for us to be salt and light.

We don't always know what to do.  
We don't want to embarrass ourselves  
or make people angry.

Sometimes we're just too tired.

Help us, O Lord.

When we lose our taste for the gospel,  
season us with wisdom and hope.

When our light of faith dims,  
brighten us with your love again.

Make us eager, courageous, and radiant.  
We ask this in your holy name. Amen.



**February 7-14**

# National Marriage Week USA™

*Let's Strengthen Marriage*

**A national campaign to help marriage**  
which benefits children and reduces poverty

"We have launched highly effective public education campaigns on much less momentous issues, from smoking to recycling...For now, the decline in marriage is our most ignored national crisis..."  
TIME Magazine commentary  
March 5, 2012

### The Benefits of Marriage:

- ▶ Married adults live longer lives, have better health, and greater personal happiness.
- ▶ Children raised by both parents at home perform better in school, have less addiction, less teen pregnancy and less trouble with the law.
- ▶ Marriage is the unsung anti-poverty program.
- ▶ Single motherhood is greatest cause for poverty among women and children.
- ▶ Married adults have more wealth and financial stability.
- ▶ Healthy marriage saves U.S. taxpayers—costs \$112 billion per year for divorce and unwed childbearing.

### We Can Do Better

Huge decline in married adults: from 79% in 1970 to 57% in 2013

US births to unwed mothers grew from 5% in 1960 to an alarming 41% in 2008

White, working-class, U.S. children living with both parents declined from 96% in 1962 to only 37% in 2004

Never-married Americans soared nearly 4-fold from 21 million in 1970 to 77 million in 2012

### Children Need Both Parents

Teen birth rate for girls when their father leaves before they are 6-yrs-old is 35%. 7 times the rate from when fathers stay married.

Boys without fathers at home are twice as likely to end up in prison

### What Can You Do?

- ▶ Find a marriage class or event near you on the NMW National Calendar!
- ▶ Mobilize your organization to start a new marriage class or host a special event.
- ▶ Help build a groundswell of marriage education across the nation, and post your info for free with us!
- ▶ Launch a National Marriage Week USA Celebration in your town!

### Marriage Reduces Poverty

We'd have 25% less poverty today if we had the marriage rates we had in 1970

Only 2% chance of poverty if you finish high school, work fulltime, & postpone marriage/child bearing until age 21. 77% chance of poverty if you don't do these 3 things.

In U.S., marriage drops probability of child poverty by 82%

# 40 WAYS TO ENTER INTO LENT



## SPIRITUAL FORMATION & INTENTIONAL LIVING

- Host a "What Is Lent?" Family Night**  
Share the meaning of Lent through Scripture, activities, and discussion.
- Make a Family Lenten Covenant**  
Each family member writes a personal spiritual goal and signs it together.
- Color a Lenten Countdown**  
Use a printable calendar where kids color one square per day as Lent approaches.
- Make an Ash Wednesday Plan**  
Talk about the meaning of ashes and plan to attend Mass together.
- Read a Children's Book About Lent**  
Choose an age-appropriate story to explain the season.
- Learn a New Prayer**  
Teach children a traditional Catholic prayer they don't yet know (e.g., Anima Christi).
- Decorate the Home with Lenten Colors**  
Use purple cloths or décor to signal a change in season.
- Create a Family Motto for Lent**  
Something simple like "Love More, Need Less."
- Teach the 3 Pillars of Lent (Prayer, Fasting, Almsgiving)**  
Use simple activities to explain each one.
- Make a Spiritual Reading List**  
Age-appropriate books for Lent to read as a family or individually.

## ENGAGEMENT THROUGH CREATIVITY

- Build a Pretzel Prayer Tradition**  
Make pretzels (a traditional Lenten food) and explain the symbolism of prayer.
- Create a "God Box"**  
Children write their worries and prayers to "give to God" by placing them in a decorated box.
- Make a Repentance Chain**  
Add a paper link for each kind action, prayer, or moment of self-control.
- Draw or Paint the Journey to the Cross**  
Use art to help children visualize Jesus' path to Calvary.
- Build a "Desert Table"**  
A visual space with sand, rocks, and symbols to reflect Jesus' 40 days in the desert.
- Make Prayer Rocks**  
Paint rocks with words like "Hope," "Forgive," "Pray," and place them around the house.
- Do a Lenten Word Search or Crossword**  
Use games to learn terms like "fasting," "sacrifice," and "resurrection."
- Write a Lenten Poem or Song**  
Encourage older kids or teens to reflect creatively on the season.
- Create a Forgiveness Craft**  
Make a heart cut into puzzle pieces that represent healing relationships.
- Design a Lenten Journal Cover**  
Invite kids to personalize a notebook they'll use throughout Lent.

## FAMILY AND FAITH SHARING

- Share "Faith Moments" at Dinner**  
Each person shares a small way they experienced God that day.
- Make a Blessing Bag Together**  
Collect travel-size toiletries and snacks to give to someone in need.
- Record a Family Faith Video**  
Share what Lent means to each family member and send to godparents or grandparents.
- Create a "Lenten Light" Candle Practice**  
Light a candle each night and pray for someone new.
- Have a "Give Instead of Get" Day**  
A special day before Lent begins to donate something meaningful.
- Talk About Jesus' Temptations**  
Have age-appropriate conversations about temptation and how to resist it.
- Make a "Good Deeds Jar"**  
Each act of kindness earns a stone or coin in the jar.
- Adopt a Saint for Lent**  
Each person chooses a saint to learn from and pray with during Lent.
- Share a "God Moment" Journal**  
Take turns writing down or drawing moments of grace or learning during Lent.
- Create a Family Fasting Menu**  
Let kids help plan what meals will be simple on fasting days.

## LEARNING AND PRACTICING FAITH

- Host a "Lent Jeopardy" Game Night**  
Fun, faith-based trivia to teach about the season.
- Attend a Children's Lenten Retreat**  
If available, participate in a local or virtual Lenten retreat day.
- Role-Play Scripture Scenes**  
Act out the Last Supper, Palm Sunday, or Jesus in the desert.
- Memorize a Psalm Together**  
Choose a short Psalm to learn and pray often.
- Talk About Baptismal Promises**  
Discuss how Lent helps us renew those promises.
- Explain "Giving Up vs. Giving More"**  
Teach kids that Lent is about both sacrifice and action.
- Make "I'm Sorry" Cards**  
Write or draw apologies to each other or people they may have hurt.
- Track Mass Attendance with a Sticker Chart**  
Especially helpful for young children to stay excited and engaged.
- Create a Holy Week Countdown**  
Simple symbols for Palm Sunday, Holy Thursday, Good Friday, and Easter Sunday.
- Have a Pre-Lent Reflection Night**  
Talk about past Lents: what worked, what was hard, and what you hope for this year.