



## 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. Theresa's Cathedral

P.O. Box HM 1191, Hamilton HM EX, Bermuda  
Tel. 441-292-0607  
Email: sttheresas@northrock.bm

*Bishop Wes Spiewak, C.R., Diocese of Hamilton in Bermuda*  
Chancery & Cemetery Office: Tel:232-4414 orcc.bermuda@gmail.com

IN RESIDENCE: Rev. Dandy Traje, C.P., Rector Tel: 292-0607 Ext. 3

Mrs. Karen Scarth, Cathedral Administrator Tel: 292-0607 Ext. 2

Monday – Friday from 10:00am – 4:00pm

St. Theresa's Catechetical (CCD) Leader: Maria Pacheco sttheresasccd@gmail.com

St. Vincent de Paul Society Parish Rep: Joanne Judd & Tommy Sinclair

St. Theresa's Gift Shop: 292-0416 Shop Hours: Tuesday's & Saturday's from 10am – 2pm

**Confessions:** By appointment only, at this time

**Baptisms:** By appointment – 5 weeks in advance

**Weddings:** By appointment – 1 year in advance. Pre-Marriage Course is required for all weddings here or overseas

**Website:** www.romancatholicbermuda.bm – Where you can find information about our Diocese.



### ONLINE ACCOUNTS:

**St. Theresa's Cathedral**—BNTB #2000  
6060 4827 32100,

**SVDP**— BNTB BDA #2000 6060 4767  
11100

Or BNTB USD # 8400 7847 30010

*Thank you for your continued support!*

### DATES TIMES INTENTIONS

Sat.	Feb. 7th	6:30pm	
Sun.	Feb. 8th (Portuguese)	8:30am 10:00am 11:30am 6:00pm	+ Evelou Mosley & Helen DeSousa, Healing Prayers + Jose Cunha, Joe & Theresa DoCout + St. Theresa's Parish Family
Mon.	Feb. 9th	7:30am	
Tues.	Feb. 10th	7:30am	
Wed.	Feb. 11th	7:30am 12:10pm	
Thurs.	Feb. 12th	7:30am 12:10pm	
Fri.	Feb. 13th	7:30am 12:10pm	+ Daphne DeSilva, Happy 87th Birthday
Sat.	Feb. 14th	6:30pm	+ Manuel Bizarrio, Jose Oliveira, Maria de Lourdes, & + Maria Encarnação Martins
Sun.	Feb. 15th (Portuguese)	8:30am 10:00am 11:30am 6:00pm	+ Special Intention of Karen Scarth + Alda Carreiro + Mr. & Mrs. Manuel Arminda Garrafa & Victor Moniz + St. Theresa's Parish Family

### NEXT WEEK'S MINISTRY : February 14th & 15th, 2026

Time:	6:30pm	8:30am	11:30am	6:00pm
<b>Proclaimer:</b>	C. Powell	K. Scarth	M. Wambeke M. T. Ayensa	H. Velasco A. Agulia
<b>Communion Ministers:</b>	C. Johnson D. DeSilva C. Maiato C. Carreiro	O. Scarth B. D. Knights G. Lovecchio C. Scarth	G. Edwards A. Cannonier J. Alcantara	C. Sevilla R. Ronquillo M. Billones
<b>Song Leaders:</b>	B. Barreto-Hogan	M. S. Brackstone	D. Mutch	S. Marine C. Placedes

**ATTENTION:** Please be advised that during the winter season  
St. Theresa's Cathedral will be locked at **4pm from Monday to Friday.**



### FILIPINO MASS SCHEDULE:

**St. Theresa's Cathedral**  
7pm February 13th, 2026

**St. Patrick's Church**  
7pm February 6th, 2026

**St. Joseph's Church**  
11am 3rd Saturday of the month

**Stella Maris Church**  
7pm Last Wednesday of the month



**ADORATION:** Saturday Adoration in the  
Chapel of St. Theresa's Cathedral: **9:00am** –  
Holy Mass in Portuguese followed by  
Exposition of the Blessed Sacrament &  
Adoration – **10:15am** - Benediction

**LECTIO DIVINA:** Mondays at **7:30pm** via  
Zoom. Please contact Franz Wohlmuth  
on, [fgwohlmuth@logic.bm](mailto:fgwohlmuth@logic.bm) to join.  
Meetings are led by Bishop Wes.

### GUIDELINES FOR INTINCTION:

We wish to inform you that  
the Vatican Dicastery for  
Divine Worship and the  
Discipline of Sacraments has  
issued a note reminding the  
faithful of the Church's guidelines  
regarding Holy Communion by  
intinction, that is, by dipping the  
consecrated host into the consecrated  
wine.

The guidelines state that only the  
Minister of the Sacrament (priest,  
deacon or a properly instituted  
Extraordinary Minister of Holy  
Communion) may dip the host, and  
that then the communicant must  
receive Communion on the tongue.  
This means that self-intinction and the  
distribution of an intincted host in the  
hand are not permitted.





**FOCUS:** The just man is a light in darkness to the upright. At our baptism, we receive the light of Christ. While this light of faith certainly illumines our path, it is also meant to be shared with others. Through our good works, the light of Christ shines forth, helping others to recognize the work of God in our lives and drawing them to give him thanks and praise.

#### Steward's Sharing of Treasure

	Date	Actual
Collection:	Jan 31st & Feb 1st	\$3,250.00
Electronic offering:	Jan 31st & Feb 1st	\$1,066.00
2026 Collection to Date:	Week 5	\$30,543.00
Holy See Collection	Final	\$568.00

*Thank you for your support!*



**ST. THERESA'S CHAPEL**  
**February 8th—14th, 2026**  
**Donation Given for Two 7 day Candles**  
**& 2 Roses**  
**Intentions of Grace Lovecchio**

**REFLECTION:** In the first reading. Isiah urges us in the name of the Lord to feed the hungry, shelter the homeless, and clothe the naked. If we do so, he assures us, the Lord will hear and answer our cries for help in time of need.

#### IMPORTANT NOTICE:

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.



#### VALENTINE'S DINNER/BINGO:

St. Joseph's Church in Somerset will hold a Valentine's Themed Bingo Night on **Saturday, February 13th, 2026** in the Parish Centre: Time **6:30 p.m.** (Doors open at 6pm) Tickets: \$25 Adults (soup, sandwiches/rolls, assorted desserts & chocolates will be offered): Prizes and Raffles. Lets share in a fun evening together! For Tickets Call Liz Card: 234-0872 or email [lizziewhitney2015@gmail.com](mailto:lizziewhitney2015@gmail.com)



#### FUNERALS:

We offer our deepest sympathy to the family of the late **Altina Melo Pacheco**, whose funerals was held at the Cathedral on **Friday, February 6th, 2026**.

*May she rest in peace with the angels!*

#### SYNODAL BIBLE STUDY:

This NEW BIBLE STUDY will be on **Thursday's at 3pm** in the Pastor's Office at St. Michael's Church. Just park behind the Church and make sure to bring your CATHOLIC BIBLE. This is **FREE** and is open for all. For any questions, please contact Fr. Joe at 705-0236.



#### THE 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 neighbor."

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*

#### "THIS IS MY BODY" - A Call To Eucharistic Revival:

**FREE** copies of this wonderful book can be found at the entrances to the Cathedral. Please collect your copy and read Bishop Robert Barron's attempt to assist all of us understand the Sacrament of Jesus' Body and Blood.



#### PARISH COUNCIL COFFEE SOCIAL:

Our next social will be **today, Sunday, February 8th, 2026**, after the 11:30am Mass, in the Church Hall, for Coffee and Baked Goods.

*We look forward to seeing you there!*



#### ST. THERESA'S GIFT SHOP:

St. Theresa's Gift Shop is open again for both Tuesday's & Saturday's.

Do stop by for your 2026 Calendars, special occasion cards, gift ideas, and much, much more.



**STUDIO APARTMENT NEEDED:** Single male in desperate need of a small apartment, preferably with no stairs. Looking for \$1400 or less, with electricity included. No pets/no smoking. Please contact 536-5495 or [phillippingham42@gmail.com](mailto:phillippingham42@gmail.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



### 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