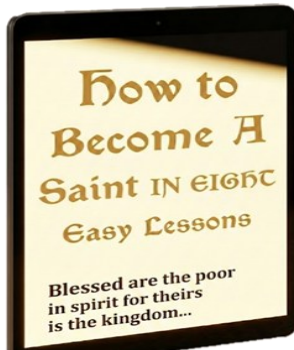




February 1, 2026

CATHEDRAL OF THE HOLY FAMILY

4TH SUNDAY ORDINARY TIME



Within the framework of holiness offered by the Beatitudes, I would like to mention a few signs or spiritual attitudes that, in my opinion, are necessary if we are to understand the way of life to which the Lord calls us. The signs I wish to highlight are not the sum total of a model of holiness, but they are five great expressions of love for God and neighbour that I consider of particular importance in the light of certain dangers and limitations present in today's culture. There we see a sense of anxiety, sometimes violent, that distracts and debilitates; negativity and sullenness; the self-content bred by consumerism; individualism; and all those forms of ersatz spirituality – having nothing to do with God – that dominate the current religious marketplace.

The first of these great signs is solid grounding in the God who loves and sustains us. This source of inner strength enables us to persevere amid life's ups and downs, but also to endure hostility, betrayal and failings. "If God is for us, who is against us?" this is the source of the peace found in the saints. Such inner strength makes it possible for us, in our fast-paced, noisy and aggressive world, to give a witness of holiness through patience and constancy in doing good. It is a sign of the fidelity born of love, for those who put their faith in God can also be faithful to others. They do not desert others in bad times; they accompany them in their anxiety and distress, even though doing so may not bring immediate satisfaction. We need to recognize and combat our aggressive and selfish inclinations, and not let them take root. "Be angry but do not sin; do not let the sun go down on your anger." When we feel overwhelmed, we can always cling to the anchor of prayer, which puts us back in God's hands and the source of our peace. "Have no anxiety about anything, but in everything, by prayer and supplication with thanksgiving, let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts..."

Inner strength, as the work of grace, prevents us from becoming carried away by the violence that is so much a part of life today, because grace defuses vanity and makes possible meekness of heart. The saints do not waste energy complaining about the failings of others; they can hold their tongue before the faults of their brothers and sisters, and avoid the verbal violence that demeans and mistreats others. Saints hesitate to treat others harshly; they consider others better than themselves. Saint John of the Cross proposed a different path: "Always prefer to be taught by all, rather than to desire teaching even the least of all." And he added advice on how to keep the devil at bay: "Rejoice in the good of others as if it were your own, and desire that they be given precedence over you in all things; this you should do wholeheartedly. You will thereby overcome evil with good, banish the devil, and possess a happy heart. Try to practise this all the more with those who least attract you. Realize that if you do not train yourself in this way, you will not attain real charity or make any progress in it".

To act in this way presumes a heart set at peace by Christ, freed from the aggressiveness born of overweening egotism. That same peacefulness, the fruit of grace, makes it possible to preserve our inner trust and persevere in goodness. Standing firm in the Lord, the Rock, we can sing: "In peace I will both lie down and sleep; for you alone, O Lord, make me dwell in safety." Christ, in a word, "is our peace;" he came "to guide our feet into the way of peace." As he told Saint Faustina Kowalska, "Mankind will not have peace until it turns with trust to my mercy". So let us not fall into temptation of looking for security in success, vain pleasures, possessions, power over others or social status. Jesus says: "My peace I give to you; I do not give it to you as the world gives peace." GAUDETE ET EXSULTATE #110ff

DISCIPLESHIP PATHWAY

COMPASSIONATE HEALER'S MASS



BISHOP MARK HAGEMOEN PRESIDING

9 AM SUNDAY FEBRUARY 8

CATHEDRAL OF THE HOLY FAMILY

123 NELSON ROAD, SASKATOON

All Are Welcome



FELLOWSHIP & STUDY LETTER TO WOMEN Pope St. John Paul II



Cathedral of the Holy Family

Gatherings will be held Thursdays from 7:00 - 8:30 pm
at the Cathedral of the Holy Family on:

| | |
|-------------|-------------|
| January 15 | February 26 |
| January 29 | March 12 |
| February 12 | March 26 |

Cost \$40.

For questions or to sign up, contact Alicia and Sue at
holyfamilywvp@gmail.com

CATHEDRAL OF THE
HOLY FAMILY
PRESENTS

BELOVED

Next BELOVED
FEBRUARY 6, 2026

ADORATION
CONFESSION
FORMATION



Marriage Preparation 2026 March 6 & 7, 2026

To register email Fr. Gerard Cooper:
gcooper@rcdos.ca



"THE ART OF LISTENING"

AWAKEN
WINTER 2026



INTRODUCTION TO THE ART
OF LISTENING

JAN.27.2026

Marilyn Jackson



LISTENING TO GOD IN
SCRIPTURE & ADORATION

FEB.10.2026

Fr. Dan Yasinski



THE FOUR LEVELS
OF LISTENING

FEB.03.2026

Sr. Maria Piana



LISTENING: A PATHWAY TO BECOMING
A MISSIONARY SYNODAL CHURCH

FEB.17.2026

Fr. Joseph Salihu



Astrid Alas
amalas@rcdos.ca
Adult Faith Formation Coordinator

CATHEDRAL OF THE HOLY FAMILY

ENCOUNTER

your God

JOIN US FOR

MUSICAL

ADORATION EVERY

THURSDAY!

7-8:30PM



PARISH NEWS



Belong! Grow your faith, serve your community, act on social justice issues and be supported by a sisterhood. Discover who you are being called to be.

CWL upcoming events:

- Join us for our next meeting February 11, 2026 7:00 pm. Truth and Reconciliation. How are we called to action?
- Who were you praying for? Send your secret prayer sister a Valentine's card to share your identity. Do you have a soft cover bible that you no longer need. Bring it to the meeting to be donated to the prison ministry. All enquiries can be directed to cofhfcwl@gmail.com

World Day for Consecrated Life February 2, 2026 Mass at 12:15

The Feast of the Presentation of the Lord, known as Candlemas, begins with a solemn procession into the cathedral with lighted candles as a symbol of Christ the Light of the world, who comes to meet us in the liturgy. We welcome all those who are living consecrated life in the Diocese of Saskatoon to join us in celebration of your vocation, and to share in fellowship following the mass.

HOLY FAMILY ANNUAL

BABY BOTTLE DRIVE

All you have to do is...

Take a bottle home Fill the bottle with spare cash or a cheque. Bring it to the church on Feb. 22.

Help women all over Saskatoon!



SASKATOON
Pregnancy Options
and Support CENTRE



there!

Thanks to all the parishioners who support us in all our events! Even with the cold weather, we had a good turn out for the Cinnamon Bun Breakfast and our next Famous Pancake Breakfast will be on February 22nd, after the 9 am & 11 am masses, we look forward to seeing you all

We are still looking for Catholic Gentlemen to join the Knights of Columbus, as our mission is to make our members better Husbands, better Fathers and better Catholics. We have an exemplification to join on Sunday, February 8th, 2026, please get in touch with any of our members or you can call Wayne Koshman (306-381-3330) or email me at koshmanw@gmail.com.

Time Out for Moms will be hosting a winter term for moms and their kids at the Cathedral of the Holy Family. Come join us on Tuesday mornings for fellowship with other moms, encouragement in your faith and vocation along with some well deserved coffee and snacks while your littles are being looked after by our lovely caregivers. The term begins Tuesday, February 3 with all the details and registration on our website: <https://tofmsaskatoon.sk.wixsite.com/mysite> . We look forward to having you there!

2025 tax receipts are now available for pick up.

The receipts are in alphabetical order and if you are unable to locate yours, contact Linda at the parish office.

YOUTH PROGRAMS - FEB TO MAY



KG TO GRADE 5
FUN, MUSIC AND ACTIVITY

| FEB 15 | MAR 15 | APR 19 | MAY 17 |
|-----------|-----------|-----------|-----------|
|-----------|-----------|-----------|-----------|

SUN
3:30 - 4:50PM



GRADE 6 TO GRADE 8
FAITH, ACTIVITY AND ADORATION

| FEB 19 | MAR 19 | APR 16 | MAY 21 |
|-----------|-----------|-----------|-----------|
|-----------|-----------|-----------|-----------|

THURS
7-9PM



GRADE 6 TO GRADE 8
FAITH, FUN AND MUSIC

| FEB 12 | MAR 5 | APR 23 | MAY 14 |
|-----------|----------|-----------|-----------|
|-----------|----------|-----------|-----------|

THURS
7-9PM



GRADE 9 TO GRADE 12
FORMATION, ACTIVITY AND SHARING

| FEB 24 | MAR 24 | APR 28 | MAY 26 |
|-----------|-----------|-----------|-----------|
|-----------|-----------|-----------|-----------|

TUES
7-9PM

TO REGISTER AND GET UPDATES CONTACT

CONCHITA@HOLYFAMILYCATHEDRAL.CA

WEEKLY LITURGICAL SCHEDULE

Sunday Mass Times

Sunday: 9:00am, 11:00am, & 6:30pm

Weekday Mass Times

Monday - Saturday: 12:15pm

Wednesdays: 7:00pm

Mass @ Sherbrooke: Fridays at 10:15am

Reconciliation

Thursday: 7pm - 8:30pm

Friday: 11am - 12noon

Saturday: 11am - 12noon

Eucharistic Adoration:

Musical Adoration: Every Thursday 7pm - 8:30pm

1st Friday: **BELOVED** 7pm - 9pm

Rosary & Devotion to Our Lady of

Perpetual Help: Wednesdays @ 6:00pm

Rosary: Saturday 11:45am - 12noon

If you are unable to attend regular Reconciliation times,

please phone the office to make an appointment: 306-659-5800

Clergy, Staff, & Council Members

Bishop of Saskatoon - *Most Rev. Mark Hagemoen*

Pastor Rector - *Fr. Gerard Cooper*

Associate Pastor - *Fr. Joe Nelo Penino*

Faith Formation Minister - *Andy Korvemaker*

Coordinator of Evangelization to Families - *Conchita Fonseca*

Financial Secretary - *Linda Bobowski*

Facilities Manager - *Jim Nakoneshny*

Administrative Assistant -

Pastoral Council Chair - *Jonas Taillon*

Finance Council Chair - *Denis Sirois*

Contact us!

Baptism (Infants): andy@holycathedral.ca

Christian Initiation (RCIA): andy@holycathedral.ca

Confirmation & First Eucharist: hfsacraments.ca

Covenant of Care: Parish Office: 306-659-5800

Marriage: gcooper@rcdos.ca

Marriage Preparation: March 2025 - gcooper@rcdos.ca

Reconciliation by appointment: info@holycathedral.ca

Communion to Homebound: info@holycathedral.ca

or call 306-659-5800.

Facility Rentals: jim@holycathedral.ca

Mass Intentions next week

Monday, February 2

12:15 pm Mass for *Kevin Mansell*

Tuesday, February 3

12:15 pm Mass for *+Jim Fahlman*

Wednesday, February 4

12:15 pm Mass for *Cathy*

Swarbrick

7:00 pm Mass for *Elizabeth Wilson*

Thursday, February 5

12:15 pm Mass for *Sinmsolauwa*

Fashola

Mass Intentions next week

Friday, February 6

12:15 pm Mass for *+Jim Fahlman*

10:15 am Mass @ Sherbrooke for

+Darlene Bergerman

Saturday, January 31

12:15 pm Mass for *+Bill Carreiro*

Expected Livestream Schedule

Mass will be available at Saskatoonmass.com for other Parishes.

Please Include in your Prayers

This list is for those who are in need of prayer, whether they be sick or well, living or deceased. If you would like your name or a name of a loved one to be listed, please call the parish office: 306-659-5800

Zenitha Joppa Atebe

+Toribio Ramos

Jean-Mark Gareau

Eileen Materi

Isa Glodoveza

+Peter Fashola

Rosalind Matchett

Jannette Magdugo

Ben Friske

Melissa GO

+Pius Ojong Okpa

Hyacinth Fonseca

Nori Cheong

Perry Antosh

Sophie Irlbeck

Russ Gill

+Braydon Bretzer

Pilar Glodoveza



Holy Family Prayer

Most Beloved Sacred Heart of Jesus, As you are the Father's Beloved Son in whom he is well pleased, May we serve others in love as we have been served in love.

Most Blessed Immaculate Heart of Mary As All generations call you blessed through your fiat, May we too move with haste to share the gift of God's love to others.

Most Betrothed Chaste Heart of St. Joseph As you took Jesus and Mary into your home, May we foster free, faithful, fruitful and total love in our family.

Holy Family of Nazareth, grant that our families too may be places of communion and prayer, authentic schools of the Gospel and small domestic churches, Jesus, Mary, and Joseph, Graciously hear our prayer. Amen.



CATHEDRAL OF THE
HOLY FAMILY

We are Holy Family

www.holyfamilycathedral.ca

123 Nelson Road Saskatoon, SK S7S 1H1

PH: 306-659-5800

Email: info@holycathedral.ca

Office Hours: 9:00am-4:30pm Monday through Friday (Closed 12-1pm daily)