



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. ●



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

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Website: stbrieuxparish.ca

Pastor

Rev. Tru Le

Phone: 306-275-2043
Cell: 306-714-7717

Pastoral Council Chair

Janet Creurer 306-921-4147

Financial Chair

André Assié: 306-921-5402

Liturgical Chair

Darlyn Hunt: 306-921-6439

Knights of Columbus

Grand Knight:

Justin Assié: 306-921-3635

Parish Secretary/Treasurer

Janet Creurer 306-921-4147

Mary, Mother of God Parish

P.O. Box 830

Kinistino, SK S0J 1H0

LOCATION:

Kinistino Community Church

118 Kinistino Avenue

Kinistino, SK

Pastoral Council Chair

Bradley Merkosky: 306-864-7814

Finance Chair

Mark Powalinsky: 306-864-2587

St. Brieux Parish Office Hours

Fr. Tru Le - Will be away Feb. 03 to 25. Emergency

Contact while Father is gone is Fr. Alberto

(306) 863-2825 (Feb 03 to 13)

Janet: Office hours will vary. Text or call (306) 921-4147

Bulletin and information is available on the website:

stbrieuxparish.ca and our Facebook page: **St. Brieux Catholic Church.**

St. Brieux Parish Mass Times:

Tuesday-Friday: No Weekday masses until the 27th of February.

Adoration/Reconciliation -1st Wednesday of Month at 6:00pm and 1st Friday of Month - following Mass

Saturday: 7:00 p.m.

Sunday: 10:00 a.m.

Mary, Mother of God Parish Mass Time

Sunday: 4:00 p.m.

Reconciliation (St. Brieux):

Fr. Tru is available to hear Confession:

-Saturdays at 6:30 p.m. before 7:00 p.m. Mass

-The 1st Wednesday & 1st Friday of the month during Adoration Hour

-Confession is available by appointment.

Grief Ministry

Someone is available for you and your family members to talk or just listen Call Fr. Tru Le at 306-714-7717

Pregnancy Crisis Line: 1-800-665-0570

Farm Crisis Line: 1-800-667-4442

Catholic Family Services: 1-877-922-3202

for appointment

EVENTS THIS WEEK

Feb 03 to 25: Father will be going to Vietnam (There will be no weekday masses while he is away)

Feb 15: Mass 10:00 am - St. Brieux (**Fr. Lawrence**)

Feb 15: Mass 4:00 pm - Kinistino (**Fr. Lawrence**)

UPCOMING EVENTS

Feb 03 to 25: Father will be going to Vietnam (There will be no weekday masses while he is away)

Feb 18: Mass 7:00 pm Ash Wednesday (**Fr. Lawrence**)

Feb 22: Lay Service 10:00 am (Kathy Bedard - St. Brieux)

Feb 22: Lay Service 4:00 pm (Dianne Merkosky - Kinistino)

Feb 27: Mass 10:00 am

Feb 28: Mass 7:00 pm - St. Brieux

Mar 01: Mass 10:00 am - St. Brieux

Mar 01: Mass 4:00 pm - Kinistino

Mar 03, 04, 06: Mass 10:00 am

Mar 05: Mass 10:00 am (St. Brieux Manor)

Mar 07: Mass 7:00 pm - St. Brieux

Mar 08: Mass 10:00 am - St. Brieux (**Coffee Sunday - Group 3**)

Mar 08: Mass 4:00 pm - Kinistino

“Be good, love the Lord, pray for those who do not know Him. What a great grace it is to know God!”

St. Josephine Bakhita

St. Brieux Parish Mass Intentions

Tues. Feb. 10	10:00 a.m.	NO MASS
Wed. Feb. 11	10:00 a.m.	NO MASS
Thurs. Feb. 12	10:00 a.m. (at the Manor)	NO MASS
Fri. Feb. 13	10:00 a.m.	NO MASS
Sat. Feb. 14	7:00 p.m.	NO MASS
Sun. Feb. 15	10:00 a.m.	All Parishioners

Mary, Mother of God Parish Mass Intentions

Sun. Feb. 15	4:00 p.m.	Noelle Taylor by Chloe Rybinski
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Regular Collections

St. Brieux: (Includes Sunday Collection and Automatic Deposits)

February 1st, 2026 - \$2,065.00

Mary, Mother of God:

February 1st, 2026 - \$ 220.00

Thank you!

Leaving a Legacy

REMEMBER YOUR CHURCH - By leaving a gift in your will or estate to St. Brieux Parish. The impact will be felt and remembered for generations.

For more information, please contact the parish office at 306-275-2043

The Ill & Elderly ministry : Percy King. Marthe Rohel-Coquet accepted to continue this card ministry and would appreciate being informed of anyone who would be touched by receiving a card in the name of our St. Brieux Parish.

Pray It Forward Prayer Group:

To join this ministry, or have an Intercessory Prayer Request contact Terry Valmont by text or call at 306-920-8771. Prayer requests can be submitted either anonymously or with information.

Prayer for Priests

LORD, life up your holy priests, deacons and religious. Grant them the graces they need to minister to your people. Keep them pure and strong in your love. Give them courage when things are difficult, and accompany them when they are lonely. Strengthen them in times of weakness. AMEN

Sunday, February 15th:	
Altar	Janet Creurer
Greeters & Gifts	Philip & Jeannette Mansiere
Lay Leader/Prayers of Faithful	Hassel Agnote
Lectors	Terry Valmont & Mely Igo
Communion - Bread & Cup	David Rheaume, Philip Mansiere, Andre Assie
	Ramona Assie
Children's Liturgy	Analiza Llorca
Counters	Dolores Rheaume, Kathy Nemeth, Betty Mahussier
Altar Servers	Raylan, Sebastiaan, Vince
Vocation Cross	Ivone Hagel

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 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

Stewardship: February 8th - 5th Sunday in Ordinary Time

"Let your light shine before others, that they may see your good works and give glory to your Father who is in heaven."
MATTHEW 5:16

The generosity of being a good steward of your gifts has a positive effect on people, and it is contagious! Good works encourages more good works. Generosity is a by-product of a grateful lifestyle. The more we recognize God's gifts, the more we want to share them. Good stewards recognize that God is working through them, and they don't put themselves above the people they have been called to help.

[www.https://resources.archstl.org/article/359120/stewardship-bulletin-inserts](https://resources.archstl.org/article/359120/stewardship-bulletin-inserts)

Vocation Corner: February 8th - 5th Sunday in Ordinary Time

A Vocation View: Jesus speaks on Vocations: "You are the salt of the earth. You are the light of the world. Your light must shine before people so that they may see your goodness in your acts, giving praise to your heavenly Father."

Prayer: That God's love for us manifest in the gift of His only Son will inspire many men and women to give themselves to God as priests, deacons and in the consecrated life, we pray to the Lord.

Action: LIFE is not merely summarized by "what are you willing to die for", ask yourself "what am I willing to LIVE for?"

A wealth of vocation information is available at usccb.org, the website of the US Bishops

Bishop's Annual Appeal:

"Planting Seeds of Hope"

October 26, 2025 – December 31, 2025

Every gift is greatly appreciated!

We would like to thank all who gave so generously to the Bishop's Annual Appeal this year. The total amount received from the *Mary, Mother of God Parish* was: \$2,750.00 beating our goal of \$1,806.00. The excess is \$944.00 x 25% is \$236.00 – for which we received a cheque.

Have a Blessed Week





PRE-WYD GATHERING

WORLD YOUTH DAY
SEOUL 2027

SUNDAY | 08 FEB 2026 | 4:00 - 6:00PM

AT PASTORAL CENTRE
1415-4 AVE W PRINCE ALBERT



RSVP

Please RSVP using this link:
[https://forms.gle/6mRJpFGuR
1evzYWK7](https://forms.gle/6mRJpFGuR1evzYWK7)

WHOLEHEARTED: A WORKSHOP FOR HEALING LIFE'S PAINFUL EXPERIENCES IS BEING OFFERED IN EACH DEANERY. WholeHearted is a parish-based resource focused on the impact of life's painful experiences on our mental health and spiritual well-being. The workshop will be held in Deanery 2 on February 28, 2026, from 1:00 – 4:30 p.m. at Immaculate Conception Parish in Tisdale. The workshop includes brief content, private reflection, suggested practices, discussion, and spiritual reflection. This Deanery Two event is sponsored by the Bishop's Annual Appeal. There is no cost to attend. To register or for more information, please get in touch with the Diocesan Office. Coffee and a small snack will be provided. Please bring a reusable travel coffee mug/water bottle.