



**St. John's Parish**  
Roman Catholic Church

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# NO GIFT SHOULD GO TO WASTE

FORTH SUNDAY IN ORDINARY TIME - FEBRUARY 1, 2026

In today's liturgy, the Beatitudes according to the Gospel of Matthew are proclaimed (cf. Mt 5:1-12). The first is fundamental. This is what it says: "Blessed are the poor in spirit, for theirs is the kingdom of heaven" (v. 3).

Who are the "poor in spirit"? They are the ones who know they are not enough for themselves, that they are not self-sufficient, and they live as "beggars for God". They feel their need for God and recognize that every good comes from him as a gift, as a grace. Those who are poor in spirit treasure what they receive. Therefore, they desire that no gift should go to waste. Today, I would like to pause on this typical aspect of the poor in spirit: not wasting. The poor in spirit try not to waste anything. Jesus shows us the importance of not wasting. For example, after the multiplication of the loaves and the fish, he asks that the leftover food be gathered so that nothing is wasted (cf. Jn 6:12). Not wasting allows us to appreciate the value of ourselves, of people and of things. Unfortunately, however, this principle is often disregarded, above all in more affluent societies where the culture of waste and the throw-away culture are predominant. Both are a plague. So, I would like to propose to you three challenges against the waste and throw-away mentality.

The first challenge: not to waste the gift that we are. Each one of us is a good, independent of the gifts we have. Every woman, every man, is rich not only in talents, but in dignity. He or she is loved by God, is valuable, is precious. Jesus reminds us that we are blessed not for what we have, but for who we are. And when a person lets go and throws him or herself away, he or she wastes him or herself. Let us fight, with God's help, against the temptation to believe ourselves inadequate, wrong, and to feel sorry for ourselves.

Then, the second challenge: not to waste the gifts we have. It turns out that about one-third of total food production goes to waste in the world each year, while so many die of hunger! Nature's resources cannot be used like this. Goods should be taken care of and shared in such a way that no one lacks what is necessary. Let us not waste what we have; rather, let us disseminate an ecology of justice and charity, of sharing!

Lastly, the third challenge: not to throw people away. The throw-away culture says, "I use you insofar as I need you. When I am not interested in you any more, or you are in my way, I throw you out". It is especially the weakest who are treated this way: unborn children, the elderly, the needy and the disadvantaged. But people are never to be thrown out; the disadvantaged cannot be thrown away! Every person is a sacred gift, each person is a unique gift, no matter what their age or condition. Let us always respect and promote life! Let's not throw life away!

Dear brothers and sisters, let us ask ourselves some questions. Above all: How do I live poverty of spirit? Do I know how to make room for God? Do I believe that he is my good, my true and great wealth? Do I believe that he loves me, or do I throw myself away in sadness, forgetting that I am a gift? And then: Am I careful not to waste? Am I responsible about how I use things, goods? And am I willing to share them with others, or am I selfish? Lastly: Do I consider the weakest as precious gifts whom God asks me to care for? Do I remember the poor, those who are deprived of what is necessary?

May Mary, the Woman of the Beatitudes, help us witness the joy that life is a gift and the beauty of making a gift of ourselves.

*POPE FRANCIS — January 29, 2023*

## Installation of the Most Reverend Joseph Dabrowski as Bishop of Hamilton

On Monday, February 2, 2026, Bishop Joseph Dabrowski will be installed as the Tenth Bishop of Hamilton at a ceremony at the Cathedral Basilica of Christ the King in Hamilton. Due to space limitations in the Cathedral Basilica, participation in this event is by invitation only. The celebration will be livestreamed so that the wider diocesan community can participate. The livestream will begin at 10:30 a.m. and may be accessed through the Diocese of Hamilton website at: [www.hamiltondiocese.com](http://www.hamiltondiocese.com) or the [Cathedral's YouTube channel](#). Please keep Bishop Dabrowski and our diocese in your prayers as we mark this joyful and significant occasion.

**February 3<sup>rd</sup> is the Feast of St. Blaise.** The blessing for throats will be offered on Tuesday, February 3<sup>rd</sup> after the 11:00 am. Mass.

**First Friday of the Month,** February 6<sup>th</sup> Eucharistic Adoration will start at 10am, concluding with Benediction before the 11am Mass.

**CWL Meeting:** The first meeting of our Catholic Women's League for 2026 will be on February 10<sup>th</sup> at 7pm in the church hall. We will be setting our budget at this meeting while enjoying some fellowship and refreshments so hope to see you there. New members are always welcome!

### Knights of Columbus Maple Syrup Sales

The Kitchener Knights of Columbus will be selling our 500ml bottles of locally-tapped maple syrup just in time for Shrove Tuesday. To continue this tradition, syrup will be available following the weekend masses of February 7 & 8. Your support will help us with various local charities. Please, cash sales only.

### ENGLISH MASS SCHEDULE

#### Fourth Sunday in Ordinary Time

<u>Saturday, January 31</u> <i>+Maria Rebelo</i>	<b>5:00 PM</b>
<u>Sunday, February 1</u> For All Parishioners Living & Deceased	<b>9:00 AM</b>
<u>Tuesday, February 3</u> St. Blaise <i>+Cathy Mac Donald</i>	<b>11:00 AM</b>
<u>Wednesday, February 4</u>	<b>11:00 AM</b>
<u>Thursday, February 5</u> St. Agatha <i>+Cathy Mac Donald</i>	<b>11:00 AM</b>
<u>Friday, February 6</u> St. Paul Miki <i>+Peter Perilli</i>	<b>11:00 AM</b>

#### Fifth Sunday in Ordinary Time

<u>Saturday, February 7</u> <i>+Ivan Holder +William, Stella &amp; Gerarid Dombroskie</i>	<b>5:00 PM</b>
<u>Sunday, February 8</u> For All Parishioners Living & Deceased	<b>9:00 AM</b>

### MISAS EN ESPAÑOL

#### IV Domingo Ordinario

<u>Sabado 31 de Enero</u> <i>+Alberto Angel +Amanda Hernández +Jaime Casas +Arnoldo Yescas</i>	<b>7:00 PM</b>
<u>Domingo 1 de Febrero</u> Por la Comunidad Parroquial	<b>11:00 AM &amp; 1:00 PM</b>
<u>Martes 3 de Febrero</u> San Blas	<b>12:00 PM</b>
<u>Miercoles 4 de Febrero</u>	<b>12:00 PM</b>
<u>Jueves 5 de Febrero</u> Santa Águeda	<b>12:00 PM</b>
<u>Viernes 6 de Febrero</u> San Pablo Miki	<b>12:00 PM</b>

#### V Domingo Ordinario

<u>Sabado 7 de Febrero</u>	<b>7:00 PM</b>
<u>Domingo 8 de Febrero</u> Por la Comunidad Parroquial	<b>11:00 AM &amp; 1:00 PM</b>

**El 3 de febrero es la fiesta de San Blas:** La bendición de las gargantas en honor a este santo se tendrá del martes 3 de febrero después de la Misa de 12pm.

**Viernes Primero del Mes** (6 de Febrero): El Santísimo Sacramento se expondrá para adoración silenciosa después de la Misa de 12:00 pm hasta las 2:00 pm y nuevamente de 5 a 7p.m.

A las 6 de la tarde se tendrá una Hora Santa, que concluirá con la Bendición con el Santísimo a las 7pm. Durante el tiempo de la Exposición del Santísimo se ofrecerá el sacramento de Reconciliación.

### Knights of Columbus Maple Syrup Sales

Los Caballeros de Colon de Kitchener estarán vendiendo botellas de Maple Syrup (500ml) después de las Misas del fin de semana del 7 y 8 de febrero. Los fondos serán destinados a varias organizaciones benéficas locales. Sólo se acepta efectivo.