

**Parish Staff
Pastor**

Father Stephen Karani
fr.stephen.karani@dor.org

Parochial Vicar

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**Parish & Finance Office
Mailing Address**

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Nancy Kavanagh

Administrative Assistant
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Monday-Thursday
8:00am-4:30pm
Friday
8:00am-11:00am

Shawn Gillen-Caryl

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Ana Haff

Director of Faith Formation
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Tom Techman

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Richard White

Parish Ministries
Coordinator
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Reconciliation

Sacred Heart:
Saturday 3:00pm
St. Alphonsus:
Saturday 3:30pm

Sacraments

*Baptism, Marriage,
Ministry of the Sick:*
Please Call Parish Office

Holy Family Church

85 North St.

Sacred Heart Church

90 Melrose Rd

St. Alphonsus Church

85 E. Genesee St.

St. Ann Church

4890 Twelve Corners Rd.

**The Catholic Community of
Holy Family * Sacred Heart * St. Alphonsus * St. Ann**

www.sacredheartauburn.org facebook.com/sacredheartauburn



**How do you get there from here?
February 1, 2026**

How do you get to holy from where you're sitting? Is it a matter of saying enough prayers, going to church for years, not breaking the Commandments, being generous to the annual bishop's appeal? Those things might help; I'm not one to knock any of them. Especially the bishop's appeal, which is a way of being faithful to the common good of our sisters and brothers. But sanctity is not the pot of gold at the end of any of these rainbows automatically.

And maybe, honestly, *holiness* is not even on your bucket list. The faces on the holy cards rarely look like they're having a good time. I've got a heavenly host of saints' images all around my desk, with expressions ranging from pensive (the Madonnas) to brooding (Saint Paul) to grim (Jerome!). I'd love to have a view of the laughing, dancing communion of saints, but apart from some grinning Mother Teresas and mischievous Pope John Paul II's, those are hard to find.

Yet when Jesus fashioned his most famous teaching, the Beatitudes, he capitalized on what would make us "happy"—which is a more accurate translation than "blessed." Which leads you to wonder: Shouldn't being among the blessed be a source of joy for us? Of course one must admit the list of qualifying folks doesn't sound as if they've got a lot to smile about: the poor (in spirit or otherwise), the mourners, the downtrodden, the oppressed, the persecuted and insulted. I suppose being a compassionate, pure-hearted peacenik isn't so bad. But ask me again when I'm actually practicing those virtues.

So what makes this lot so happy, according to Jesus? Their reward in heaven will be great. In a culture that views delayed gratification as no gratification at all, that sounds like the not-so-good news of Jesus Christ. Is Jesus saying, "Suffer now to be happy later"? When life is presented in those terms—the cross today or the flames tomorrow—that's not exactly comforting. Happily, that's *not* what Jesus is saying. The common denominator in the Beatitude Club is humility, not suffering. If we want to belong to this Happy Club, we have to exercise that most essential of all virtues.

What does it mean to be humble? To know when to bow down or bend the knee. We bow before the will of God, which is to love and be loved. We bend the knee before God alone. Those who are humbled by their present circumstances or who humble themselves by conforming their lives to God's will are mutually blessed. As Mother Teresa once said, we must empty ourselves to receive a blessing because even God cannot fill what is full. Want happiness? Seeking holiness? Start with humility.

Alice Camille is a religious educator, scripture commentator, and author of many books including *This Transforming Word* and other titles found at alicecamille.com.

**Intentions of the Holy Father Pope Leo
February:**

For children with incurable diseases

Let us pray that children suffering from incurable diseases and their families receive the necessary medical care and support, never losing strength and hope.

Calendar of Events Week of February 1, 2026

Sunday, February 1, 2026

10:00am(ANN) Super Bowl Breakfast
10:00am(SH) Faith Formation
3:00pm(SH) Year 1 Confirmation
5:00pm(SH) Year 2 Confirmation

Monday, February 2, 2026

Tuesday, February 3, 2026

5:00pm-6:00pm(SH) 1st Penance/Communion Class
6:00pm(SH) Men's Club

Wednesday, February 4, 2026

7:00pm(SH) Justice and Peace Committee Meeting

Thursday, February 5, 2026

Friday, February 6, 2026

8:00am-8:00pm(SA) Adoration
11:30am(SH) First Friday Mass and Luncheon
6:00pm(SH) Christus Vivit

Saturday, February 7, 2026

1:00pm-5:00pm(SH) Confirmation Meeting

Sunday, February 8, 2026

10:00am(SH) Faith Formation
3:00pm(SH) Year 1 Confirmation
5:00pm(SH) Year 2 Confirmation

The "**Pack the Pantry**" item for the week of
January 31/Feb. 1-**Bottles of Mustard**
Feb. 7/Feb. 8-**Jars of Mayonnaise**

Please bring these items to church and place them in
our "**Pack the Pantry**" baskets or they can be
brought to the:

ST. ALPHONSUS FOOD PANTRY (PHYSICAL LOCATION)

1579 CLARK ST. RD. FINGERLAKES MALL

Monday-Saturday
9:00 am-11:30 am
315-252-0710

**PLEASE NOTE: Soup, Pasta Sauce, Coffee, Tea,
Juice, Dish Soap, Laundry Soap, Tissues and
Hand Soap are always needed and appreciated**

**All Correspondence should be addressed to:
St. Alphonsus Food Pantry
90 Melrose Rd.
Auburn, NY 13021**

Thank you for your continued generosity!

The 2026 Daily Mass Record Book is open. Please
call the Parish Office at 315-252-7271 to schedule a
Mass Intention or Tabernacle Candle. When
requesting a candle and a Mass at the same time,
please write two separate checks as they are
deposited into two separate accounts.

FINANCIAL STEWARDSHIP FOR 01/18/26

Sacred Heart Church

Regular Collection \$3642.00

St. Alphonsus Church

Regular Collection \$3298.00

St. Ann's Church

Regular Collection \$810.00

FINANCIAL STEWARDSHIP FOR 01/25/26

Sacred Heart Church

Regular Collection \$8178.00

St. Alphonsus Church

Regular Collection \$6048.00

St. Ann's Church

Regular Collection \$733.00

Thank you for your continued generosity!

A Note on Sunday Offering Envelopes

We would like to thank all of our parishioners for their
continued generosity and support to all of our
parishes. We have a small request when writing out
your check for your Sunday collection: please include
your envelope number on the memo line. This makes
the process clearer and more efficient for our Monday
morning counters.

We thank you for your understanding and continued
support.

Sunday February 8, 2026, is Souper Bowl Sunday

We are again participating in the Annual Souper Bowl
of Caring Event. We ask that you put your spare
change in our Soup Bowls to help the Food Insecure
in our community. Then choose your favorite team and
CHEER them on to VICTORY. We will have Soup
Bowls at the entrances of the churches at all Masses.
All monies will stay here at St. Alphonsus Food Pantry
to help our neighbors in need.

Thank you so much for your generosity

Sunday Obligation It's all too easy to find some
reason *not* to go to Mass. All of us probably have at
least one good excuse that we could use to try to
justify skipping Mass, but the Mass is the greatest gift
that God has given to us.

"Dear friends, we don't ever thank the Lord enough for
the gift He has given us in the Eucharist! It is a really
great gift and that is why it is so important to go to
Mass on Sunday. Go to Mass not just to pray, but to
receive Communion, the bread that is the Body of
Jesus Christ who saves us, forgives us, unites us to
the Father. It is a beautiful thing to do! And we go to
Mass every Sunday because that is the day of the
resurrection of the Lord. That is why Sunday is so
important to us." ~Pope Francis~



*It's time for
WINE Tasting*

**Attention! Attention!
Attention!**

New date and time!

The Catholic Community of Holy Family, Sacred Heart, St. Alphonsus and St. Ann invite you to our Wine Tasting Social on **Friday,**

February 13th at Sacred Heart Parish Hall from 6:30pm-8:30pm. \$5.00 per person. Bring an appetizer and your favorite bottle of wine to share! We look forward to seeing you there.

Have you ever felt called to walk in the footsteps of St. Francis of Assisi? The Secular Franciscan Order (formerly known as the "The Third Order"), was created more than 800 years ago by St. Francis for lay people – married and single – priests, and deacons who want to live out Franciscan spirituality in their daily lives. Our Lady of the Angels Fraternity of the Secular Franciscan Order regularly meets in Schrader Hall at St. Mary's Church, 15 Clark St, Auburn. Our next meeting is on Sunday, February 1st at 2:15 p.m. for prayer and study of Franciscan spirituality. Visitors are welcome to see if they are called to this Franciscan approach to life. For more information, contact Bernie Tomasso at 315-246-3440 or berniet8@gmail.com.

The 2025-2026 Catholic Ministry Appeal has begun. Please prayerfully consider donating to this years CMA and help us reach our goals. New this year the **Catholic Ministry Appeal** is offering a prize of \$5,000 to the parish who has the greatest increase of donors. So, if you have never made a pledge to the CMA, please do so now, even if it is only \$10 or \$15. In most parishes, only about 35% of parishioners support the CMA. Let's bring that percentage to 50% in our parish!

*Thank you for your
continued support and generosity!*

Please make checks payable to:

Catholic Ministries Appeal (not to your parish).

They can be put in an envelope either in the collection basket or mailed to:

**Catholic Ministries Appeal,
PO Box 6841
Ithaca, NY 14851**

01/26/26	Donors	Pledged	Goal	%
ANN	24	\$9,485	\$10,000	94.85%
SH	138	\$34,353	\$47,000	73.09%
SA	99	\$19,687	\$37,000	53.21%



Our next First Friday Mass in the Hall at Sacred Heart is on February 6, 2026. at 11:30am with a light luncheon to follow. If you have not attended a First Friday as of yet, please join us and see what the fun and fellowship is all about!!!

Reminder our next Parish Life meeting will be on *Monday, March 2, 2026*, at 6:00 PM. There is no meeting in February. All are invited. We are looking for new ideas for fundraisers, social gatherings or any other ideas you may have for Parish Life.

NEW CATALOGS!!! RADA Catalogs for Parish Life Fundraising are available in the vestibule of each of the Churches with instructions on the front for ordering online. If you have difficulty ordering or have any questions, please contact Karen Mahoney at 315-515-3151 or Missy Deyneka at 315-246-8945 for assistance. **\$5.00 Coupons** are now attached to the front of the RADA Catalogs for the Parish Life Fundraising that are available in the vestibule of each of our Churches!! Feel free to take advantage of this savings and know that you are helping our Fellowship events like the Picnic for free!! Thank you!

The St. Hyacinth's Pierogi Workers will once again be selling homemade pierogi and kapusta starting the week of February 6th. Orders can be placed on Thursday mornings by calling 315-252-9547 from 8am to 11am. Pickup your order on Friday from 10am to 1pm. Pierogi are \$12 per dozen and Kapusta is \$6 per container.



Eucharistic Adoration is every Friday at St. Alphonsus Church beginning with the 7:30am daily Mass and concluding with Eucharistic Benediction at 8:00pm. Stay for one minute or for an hour. Feel His love and His peace!

*"Be still and know that I am God." —
Psalm 46*

All are welcome to spend quiet time with the Lord.

We would like to thank
Brzostek's Auction Services, Inc
315-447-5177
For Sponsoring an Ad
In Our Weekly Bulletin

LITURGY SCHEDULE FOR THE WEEK OF FEBRUARY 1, 2026

Saturday, January 31, 2026

4:00 pm Sacred Heart

+*Dick Ruschak* by Elaine Graceffo
+*Joanne Sidor* by Carol Gamba, Liz Secaur & Mary Jane Middleton
+*Raymond A. Ptak* by Maria White

4:30 pm St. Alphonsus

+*Mike Fitzgerald* by Joe & Susan

Sunday, February 1, 2026

8:30 am Sacred Heart)

+*Richard, Kitty & Leighanne Boni* by Family

9:00 am St. Ann

+*Sven Edwards* by Family
+*Michele West* by Mom & Dad

10:30 am St. Alphonsus

+*James Mendzef* by Wife & Daughter Julie

11:00 am Sacred Heart

+*Ormie King* by Tom & Melissa Geherin

5:00 pm St. Alphonsus

+*Joseph Klonowski* by Mary

Monday, February 2, 2026

8:30 am Sacred Heart

+*Mark Geherin* by Sue & Jack

12:15 pm St. Alphonsus

+*For Richard Kenyon's Healing* by Dr. & Mrs. Gioia

Tuesday, February 3, 2026

8:30 am-Sacred Heart

+*Jean Flanigan* by Family

12:15 pm St. Alphonsus

+*For the People of St. Alphonsus Parish*

Wednesday, February 4, 2026

12:15 pm St. Alphonsus

+*Alfred, Shirley & Maria Napoli* by Bill & Cathy Barlow

Thursday, February 5, 2026

5:15 pm St. Alphonsus

+*Ormie King, Sr.* by Chris & Bob Boedicker

Friday, February 6, 2026

7:30 am St. Alphonsus

+*Sam & Yolanda DeRosa* by Family

8:30 am Sacred Heart

+*Carmella Ruscio* by Family

11:30am Sacred Heart

First Friday

+*Rob Kiernan* by Family

Saturday, February 7, 2026

4:00 pm Sacred Heart

+*Ellen & Patrick Kelly* by Family
+*Joann Sidor* by Dale & David Gamba

4:30 pm St. Alphonsus

+*Jan Mika, Jr.* by The Rüsinko Family
+*Clara Walsh* by Family
+*Michael, James, Robert, & Patrick McConnell, Adrienne Fennessy & John Lull* by Theresa Powers

Sunday, February 8, 2026

8:30 am Sacred Heart

+*Bernie & Gloria Offenburg* by Lisa Sobus
+*Lillian Sperduti* by Bob & Diane Kiernan

9:00 am St. Ann

+*Ed Galka* by Joanie M. & Don

10:30 am St. Alphonsus

+*Barbara Quinn* by Mariles Spencer

11:00 am Sacred Heart

+*For the People of Sacred Heart Parish*

5:00 pm St. Alphonsus

+*Ormie King* by Mary

**The Memorial Candles
Week of
February 1, 2026**

**Sacred Heart Church
Tabernacle Candle**

Michael O'Leary
by
Ed & Joanne Nash

**St. Alphonsus Church
Tabernacle Candle**

The Salva & Francis Families
by
Jeannine Larose

**For Those Who Have Recently
Died**

Nancy Castellano
David Weaver
Eternal rest grant
unto them,
O Lord;
and let perpetual
light shine upon them

Sunday, February 1, 2026
The Beatitudes

Jesus was a teacher. He lived thousands of years ago in the part of the world we now call the Middle East. Jesus taught people how to use words and actions in a loving manner.

People loved to listen to Jesus. One day there were so many people waiting to be taught by Jesus, he had to climb way up a mountain. Sitting on the mountain, he could see far away. The people just kept coming. There were families with children and teenagers and elders. There were fishermen and farmers and shepherds. Some shepherds had their sheep and goats, stopping on their way home from grazing.

Jesus called his friends to come and sit by him on the mountain. Then all of a sudden it got quiet. People were ready to listen to Jesus. They watched him and listened to his words. Jesus taught all the people of all ages a lesson called the Beatitudes.

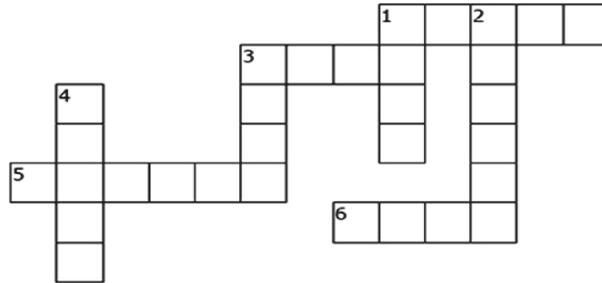
The Beatitudes teach us how to treat other people. The Beatitudes teach us how to act. Jesus knew our relationships with each other are the most important thing about life. Let's listen now to the words from Jesus, the teacher. Listen for what kinds of people he asks us to pay attention to:

The Beatitudes

"Blessed are you when people insult you, persecute you and falsely say all kinds of evil against you because of me."

Matthew 5:11 (NIV)

Based on Matthew 5:1-12



ACROSS

1. To show great kindness toward others
3. To be without any faults; without sin
5. A need for food
6. To feel happiness, joy and pleasure

DOWN

1. To be humble in spirit or manner
2. A payment received in return for doing good deeds
3. Having little money or few possessions
4. To feel sadness

REWARD	POOR	MOURN	MEEK
HUNGER	PURE	GLAD	MERCY

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Blessed are the poor in spirit, for they will one day get to heaven
 Blessed are those who are sad, for they will be comforted
 Blessed are those who are gentle, for they will have all the earth
 Blessed are those who seek justice, for they will make a difference
 Blessed are those who forgive, for they will be forgiven
 Blessed are those who treat others with kindness, for they will see God
 Blessed are the peacemakers, for they will be called the children of God
 Blessed are those who try to do the right thing, for they will go to heaven.

In His Service,
 Ana Haff
 Director of Faith Formation
ana.haff@dor.org

Sunday, Feb 01, 2026

Who wants to inherit the Earth?

The simplest way to think of humility may be “knowing one’s limitations.” Don’t be more—or less—than you are. For Christians, though, humility means something deeper than practicing a virtue; it’s a matter of putting others first, and “others” include God, people, and all of creation. The monk Thomas Merton wrote, “. . . The right of another . . . is the expression of God’s love and God’s will.” Why follow this crazy-sounding advice? “Because Christ emptied himself . . . he humbled himself” (Philippians 2:7). As he did, and does, so we are to do: give of ourselves for the good of others. The stories of the saints reveal such humility. Their first thought was of God and the needs of those around them, not themselves. It’s a tall order, but humble attitudes and actions can connect you to God in your everyday life. FOURTH SUNDAY IN ORDINARY TIME Zephaniah 2:3; 3:12-13; 1 Corinthians 1:26-31; Matthew 5:1-12a (70). *“Blessed are the meek, for they will inherit the land.”*

Monday, Feb 02, 2026 Open the gifts children bring

Like most parents, Mary and Joseph wanted the best for their child. They were faithful Jews and desired their son to be raised in the faith that had sustained them. They took Jesus to the Temple to be consecrated and presented to God, where they met Simeon and Anna, elders of the community. The elders immediately recognized Jesus as the Messiah, the fulfillment of God’s promise to Israel, a light to the whole world. What can you do this day to call forth the gifts of a child and encourage them to use those gifts to give light to the world? FEAST OF THE PRESENTATION OF THE LORD Malachi 3:1-4; Hebrews 2:14-18; Luke 2:22-40 or 2:22-32 (524). *“The child grew and became strong, filled with wisdom; and the favor of God was upon him.”*

Tuesday, Feb 03, 2026 God has a hand in healing

Many stories of healing in scripture are of the miraculous variety; they’re “supernatural”—“above” nature—and on God’s power over everything, including natural things like illness. While such miracles seem rarer today, one of the keys to healing remains trust: in God, whether the outcome is an actual cure or the acceptance of one’s situation. Either way, suffering eases. “Grace does not destroy nature but perfects it,” says Saint Thomas Aquinas. Let the grace of faith bring some healing to your life. 2 Samuel 18:9-10, 14b, 24-25a, 30-19:3; Mark 5:21-43 (324). *“Your faith has saved you. Go in peace and be cured of your affliction.”*

Wednesday, Feb 04, 2026 When familiarity breeds contempt

“Well, who do they think they are?” neighbors wonder as they gossip about the behavior of other neighbors and make decisions like “they’ve grown too big for their britches.” In traditional societies—today and in the time of Jesus—such criticism tells people that the priorities of the community to fit in and get along are valued over priorities of the individual. But judging the

personal lives of others can create conflict and cause jealousy. Indeed, “Envy is the mother of murder,” says Saint John Chrysostom. Do you indulge in character assassination? If so, why? Take time to think about your motivations. 2 Samuel 24:2, 9-17; Mark 6:1-6 (325). *“A prophet is not without honor except in his native place and among his own kin.”*

Thursday, Feb 05, 2026 In solidarity with saints

When facing challenges, we can turn to the saints for help. The church raises up women and men who are in solidarity with us, including saints who have experienced some of the same horrors that people today have. As we fight for human dignity and the protection of life, we can look to saints like Saint Agatha, who knew personally the terror of sexual assault and torture, or to Saint Josephine Bakhita, who was sold into slavery at the age of 7 and eventually won her freedom and became a Canossian sister, or to the saints among us, including many contemporary Catholic sisters, who are at the forefront of the struggle against human trafficking. Play your part in protecting the dignity and freedom of all people. MEMORIAL OF AGATHA, MARTYR 1 Kings 2:1-4, 10-12; Mark 6:7-13 (326). *“They anointed with oil many who were sick.”*

Friday, Feb 06, 2026 A fruitful rain continues to nourish

Brother Paul Miki, a Jesuit and a native of Japan, is the best known among the 26 martyrs who died in Japan in 1597. As he died on a hill in Nagasaki he said, “After Christ’s example I forgive my persecutors. I do not hate them. I ask God to have pity on all, and I hope my blood will fall on my fellow men as a fruitful rain.” Indeed, it did. Centuries later, missionaries returned to Japan to find thousands of Christians who had quietly preserved the faith underground until it was legalized. Let your life’s work also be a fruitful rain, nourishing all with whom you come into contact. MEMORIAL OF PAUL MIKI AND COMPANIONS, MARTYRS Sirach 47:2-11; Mark 6:14-29 (327). *“I want you to give me at once on a platter the head of John the Baptist.”*

Saturday, Feb 07, 2026 Give it a rest

Is the weekend a time to relax for you? Saturday will find some of us on the job, for sure—someone’s got to keep those stores, restaurants, and theatres open. But even those of us who don’t go into work will still keep plenty busy over the weekend, driving the kids around, catching up on laundry, getting groceries, and doing everything else put on hold from Monday to Friday. Jesus invites his friends to step aside and “come away” from all that once in a while to rest our bodies and our spirits. Reserve a bit of Saturday for leisure. 1 Kings 3:4-13; Mark 6:30-34 (328). *“He said to them, ‘Come away by yourselves to a deserted place and rest a while.’”*



Remember our Sick:

Kevin Jessie, Kathryn Lane, Eleanor Hudo, Patricia Ricci, Anthony Alberici, Evelyn Gagliano, Sue, Carl Jr. & Cheryl Moore Festa, Tim Grazsko, Jamie Mazza, Pat, Jim Podolak, Mary Manuel, Olivia, Kathleen, Bruce, Marilyn Castiglione, Allyza, John Salva, Stacy, Danielle, Lucy Pagano, Kevin & Maryanne Festa Leonard, Cortney Fedyshyn, Briana Dewitt, Joyce Blowers, John Clark, Cheryl Bellnier, Colleen Pinckney, Pat Gallagher, Gloria Cuddy, Tim Daly, Sue Daly, Carol Aldrich, Thomas Didio, Dave, Don & Joan Zeleznik, Mary Campbell, Mark Cole, Jonathan Arrowsmith, Lucas Mallory, Joe Schubach, Mary Warter, Gina DelPiano, Caleb Jones, Michael Fronzek, Carter Hergert, Joan Komanecky, Elizabeth Lane, Frances Lane, Siobhan Phillippe, Donna Romano, David Festa, and those listed in our Book of Petitions.

"We pray for all those who are sick, especially those on our parish prayer list, those in nursing homes, assisted living, the hospital or the homebound. May they receive comfort, healing, and strength from God's grace."

Please call Nancy at 315-252-7271 to have names added or removed. Thank you!



We pray for the men and women of our Armed Forces serving U.S. and abroad:

LCpl Brian Baxter USMC, Capt. Gregory Baxter USMC, Capt. DJ Benzing USAF, Lt. Col Joseph E. Brooks USAF, SSgt Tom Ellis Sr. USA, SSgt Angel Gonzalez USA, Col Eddie Gonzalez USMC, Pvt Zachary Gonzalez USMC, CWO4 Roger Graf USA, 1SGT Zachary Howell USA, SSgt James Johnson USMC, SFC Jason Mero USA, Pvt Justin Miller USA, E3 David Mirales US Navy, Lt Jg Richard Nelson IV, USN, E4 Adam H. Brooks, Airman Sarah Pasternak, USAF, Lt. Jack Hogan, USN, Airman Alex Gonnella, USAF., Major William Griffin USMC

"We pray for the protection and safety of all military personnel, including police, fire, and corrections serving both at home and abroad, especially those deployed in dangerous situations."