



REFLECTION

NOTICES

Plugged In and Turned On

"You are the light of the world." Matthew 5:14 (NIV)

Based on Matthew 5:14-16 (NIV)



X V F O K U L Y B D S M M O I
M J M B Y D T G Y Q E S X Z A
M Z V M L I E O S L R E L Z R
L P A R C S N O L H L P D I O
I Z V K I C Y D F W I H B S I
G L D A A V S F L Y P N B R F
H B R D K N A W O R L D E Z B
T P I O O H I D D E N E R H L
B C V B O W L T M B S K V C A
O N H P U L A M P U O S X U C
T Y F I J T X R O F P L C V J
P R J D L J I H A Y B C F W R
E I Q L X L E F A T H E R E V
C F M E N S N M U V Z W O B A
X I L R M D R J L I S T A N D

LAMP	LIGHT	BOWL	GOOD	DEEDS
WORLD	CITY	MEN	HIDDEN	SHINE
PRAISE	HOUSE	FATHER	HILL	STAND

WEEKDAY READINGS (PSALTER WEEK 1)

09 Monday: Ordinary Weekday

First Kings 8: 1-7, 9-13; Mark 6: 53-56

10 Tuesday - St. Scholastica, Virgin

First Kings 8: 22-23, 27-30; Mark 7: 1-13

11 Wednesday - Ordinary Weekday

First Kings 10: 1-10; Mark 7: 14-23

12 Thursday - Ordinary Weekday

First Kings 11: 4-13; Mark 7: 24-30

13 Friday - Ordinary Weekday

First Kings 11: 29-32; 12: 19; Mark 7: 31-37

14 Saturday - St. Cyril, Monk and Methodius, Bishops

First Kings 12: 26-32; 13: 33-34; Mark 8: 1-10

LET US PRAY FOR THE SICK AND SHUT-INS IN OUR PARISH COMMUNITY:

Limo Grant, Ann Bishop, Thelma Joseph, Michael Philbert, Dean Andrew, Clarissa Bain, Arnold Joseph, Ambrose Noel, Andrea Jessica, Veronica Thomas, Emma Joseph, Joseph Ross, Finley Gill, Gwendolyn Noel, Beryl Grant, Mildred Redhead.

In Matthew 5:13-16, Jesus challenges us to be salt that preserves and flavours society, and light that guides without hiding—timely words as Grenada marks its 52nd anniversary of independence, under the theme "Grenada at 52: Anchored in Faith, Guided by Purpose".

Grenada gained freedom from Britain in 1974 after centuries of colonial struggles, including slavery and unrest, yet faced post-independence trials like the 1979 coup and 1983 killings and invasion. Like salt preventing decay, we Grenadians are called to safeguard our hard-ern sovereignty through moral integrity, resisting corruption or division that could erode our progress—just as Jesus warns against tasteless salt trampled underfoot.

"A city on a hill cannot be hidden," Jesus says, echoing Grenada's role as a beacon in the Caribbean. Our independence celebrations—with parades, church services, and cultural events at the National Stadium—shine our faith-rooted identity worldwide. By letting good deeds glorify God, we light paths for our youth, fostering unity and purpose amid modern challenges like economic recovery.

This Gospel ties directly to Isaiah 58:7-10 mandate to feed the hungry and shelter the homeless, urging Grenada to embody independence through justice: supporting vulnerable families, aiding disaster-affected communities and building an equitable Spice Isle.

As we celebrate 52 years anchored in faith, let's be bold salt and radiant light, drawing our nation to Christ's transformative love.

POPE'S PRAYER INTENTION FOR 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.

- ◆ There is a call for **Altar Servers**, interested persons should give their names to Fr. Carl.
- ◆ **Liturgical Committee meeting** takes place this Monday February 9th 2026 at 5:00 p.m. at Norton Hall. Representatives should make a special effort to attend.
- ◆ **Sunday School** at the Cathedral resumes next Sunday 15th February, 2026.
- ◆ There will be **no** midday Mass on Tuesday 10th February 2026, due to clergy meeting.
- ◆ **There is a vacancy for an Administrative Assistant** (Secretary) at the Cathedral Parish Office. Interested persons should submit their cover letter and CV to the Cathedral Administrator no later than February 18th 2026.
- ◆ **The Cathedral Charismatic Renewal** invites all to a Day of Renewal on February 15th, 2026 at the St. Andrew the Apostle Catholic Church starting time at 2:00 p.m.
- ◆ **The Cathedral Men in the Footsteps of Christ** will meet on Saturday 14th February at 10 a.m. at their headquarters.
- ◆ Please join us after Mass at Norton Hall for the Parish Independence breakfast.

Collections:

February 01, 2026 (4th Sunday in Ordinary Time/A)

Cathedral 6:00 p.m.	\$ 632.55	Belmont:	\$ 205.00
Cathedral 8.00 a.m.	\$1584.45	Brizan:	\$ 139.75
Happy Hill:	\$1396.50	Fontenoy:	\$106.75
Tempe:	\$ 567.10	Mt. Moritz:	\$230.00
Total:	\$ 4,862.10		

Thank you for your generosity. God bless you always!

Please note the following dates for Secondary School Sports:

12th February - Presentation Brothers College (PBC)

14th February - St. Joseph's Covent (SJC)

20th February - J W Fletcher Catholic

To be held at the Kirani James Athletic Stadium

Catechesis Corner

THE TEN COMMANDMENTS CON'T...

THE SEVENTH COMMANDMENT CON'T- You shall not steal.

V. Justice and Solidarity Among Nations

On the international level, inequality of resources and economic capability is such that it creates a real "gap" between nations. (cf. SRS 14). On the one side there are those nations possessing and developing the means of growth and, on the other, those accumulating debts.

Various causes of a religious, political, economic, and financial nature today give "the social question a worldwide dimension." (SRS 9). There must be solidarity among nations which are already politically interdependent. It is even more essential when it is a question of dismantling the "perverse mechanisms" that impede the development of the less advanced countries. (cf. SRS 17; 45). In place of abusive if not usurious financial systems, iniquitous commercial relations among nations, and the arms race, there must be substituted a common effort to mobilize resources toward objectives of moral, cultural, and economic development, "redefining the priorities and hierarchies of values." (CA 28; Cf. 35)

Rich nations have a grave moral responsibility toward those which are unable to ensure the means of their development by themselves or have been prevented from doing so by tragic historical events. It is a duty in solidarity and charity; it is also an obligation in justice if the prosperity of the rich nations has come from resources that have not been paid for fairly.

Direct aid is an appropriate response to immediate, extraordinary needs caused by natural catastrophes, epidemics, and the like. But it does not suffice to repair the grave damage resulting from destitution or to provide a lasting solution to a country's needs. It is also necessary to reform international economic and financial institutions so that they will better promote equitable relationships with less advanced countries. (cf. SRS 16) The efforts of poor countries working for growth and liberation must be supported. (cf. CA 26) This doctrine must be applied especially in the area of agricultural labor. Peasants, especially in the Third World, form the overwhelming majority of the poor.

An increased sense of God and increased self-awareness are fundamental to any full development of human society. This development multiplies material goods and puts them at the service of the person and his freedom. It reduces dire poverty and economic exploitation. It makes for growth in respect for cultural identities and openness to the transcendent. (cf. SRS 32; CA 51)

It is not the role of the Pastors of the Church to intervene directly in the political structuring and organization of social life. This task is part of the vocation of the lay faithful, acting on their own initiative with their fellow citizens. Social action can assume various concrete forms. It should always have the common good in view and be in conformity with the message of the Gospel and the teaching of the Church. It is the role of the laity "to animate temporal realities with Christian commitment, by which they show that they are witnesses and agents of peace and justice." (SRS 47 # 6; cf. 42)

To be cont'd...

Prayer for the Discernment of A New Bishop

O God, Eternal Shepherd, who govern your flock with unchanging care, grant to your Church in St. George's-in-Grenada a shepherd who will faithfully follow in the footsteps of your Son, our Savior Jesus Christ. Give us a Bishop filled with wisdom and understanding so that, guided by your Holy Spirit, he may be a faithful pastor, a prudent teacher, wise in discerning the needs of our diocese and region. Strengthen him to uphold the gospel of truth, to lead your flock with humility and courage and to build up the Body of Christ in love and holiness. We ask this in the name of Jesus Christ our Lord. Immaculate Mary, Mother of the Church, pray with us and for us. **Amen.**

SAVE THE DATES

Ash Wednesday - February 18, 2026

Cathedral Parish Lenten Mission - March 23-27, 2026

Parish Tea - April 30, 2026

Parish Harvest - May 25, 2026

Parish Contact Information

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Fr. Carl Haynes (473) 403-8570

Office Hours: Monday to Friday: 8:30 a.m. to 4:30 p.m.

CATHEDRAL OF THE IMMACULATE CONCEPTION



Our Lady Queen of Peace, **BELMONT/SPRINGS**
 Saints Joachim & Anne, **BRIZAN**;
 Blessed Trinity, **FONTENOY**;
 Church of the Uganda Martyrs, **HAPPY HILL**;
 Our Lady Queen of the Universe, **MT. MORITZ**;
 St. Benedict the Moor, **RIVER ROAD/DARBEAU**
 Our Lady Lily of the Valley, **TEMPE.**

Contributor:  **The Computer Store Grenada Ltd** Tel: 444-3653 *Weekly Bulletin*

5th Sunday in Ordinary Time / A - February 08th, 2026

Sunday Mass Schedules:

Cathedral Saturday: 6:00 p.m.

Belmont Saturday: 6:00 p.m.

Brizan Sunday: 6:30 a.m.

Cathedral Sunday: 8:00 a.m.

Happy Hill Sunday: 8:00 a.m.

Tempe Sunday: 8:00 a.m.

Fontenoy Sunday: 10:00 a.m.

Mt. Moritz Sunday: 10:00 a.m.

Weekday Masses:

Cathedral: 6:15 a.m. & 12:15 p.m.

CONFESSION:

Cathedral: Saturdays: 7:00 a.m. - 8:00 a.m.
 (Priests available at request)

Welcome

Dear brothers and sisters in Christ, welcome to our celebration of the 5th Sunday in Ordinary Time. Today's liturgy calls us to shine as light and salt in the world through acts of compassion and faith in God's power.

The First Reading from Isaiah 58:7-10: We hear from Isaiah about true fasting: sharing bread with the hungry, sheltering the homeless, and clothing the naked. Such justice brings healing light into our lives and dispels our darkness

The Second Reading from 1 Corinthians 2:1-5: St. Paul reminds us he proclaimed Christ crucified not with eloquent wisdom, but in weakness, so our faith rests on God's power alone.

Matthew 5:13-16: Jesus teaches that we are the salt of the earth and light of the world—let your good deeds glorify our Father in heaven.