



St. Paul's Co-Cathedral Parish

720 Spadina Crescent East

Saskatoon, SK S7K 3H2

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4th Sunday in Ordinary
Time

February 1, 2026

Beatitude Through Being Burdened

I do not mean to be negative but all the points in Jesus' teaching of the Beatitudes in Matthew's Gospel this Sunday would not really sell a lot of books in the Self-Help section of McNally-Robinson.

People who are Poor in Spirit, mourners, meek, hungry for righteousness, merciful, clean of heart, peacemakers, persecuted, and insulted hardly seem ones to *rejoice and be glad* in this world of ours.

It seems that if you set out to live like any of these folks the result would not be *beatitude* but **being burdened**.

However, we must recognize that when Jesus teaches these on the Mount, we are meeting the **new Moses** giving **Ten Beatitudes that fulfill the Ten Commandments**. For those of us who are followers of the new Moses, and who are destined by Baptism for ultimate Beatitude, the joy of the Beatific Vision in Heaven, these Beatitudes are of **first order importance in our lives** – an even more important guidepost than the Ten Commandments.

No, the Ten Commandments are not abrogated. A few passages later we hear our Lord saying, *"Do not think that I have come to abolish the Law or the Prophets; I have come not to abolish but to fulfill."* (Mt.5:17). But you and I live in Christ who is the fulfillment of the Law. Ours is not only the wisdom of God on Sinai, ours is the Wisdom of God made flesh in Christ Jesus, *"who became for us wisdom from God, and righteousness and sanctification and redemption, in order that, as it is written, "Let the one who boasts, boast in the Lord."* (1 Cor. 1:30-31)

We who *are in Christ Jesus* do not measure ourselves by the Ten Commandments of Sinai alone, our measure is Christ Jesus Himself. And He measures us by our Beatitude, He sees us through how we live in Him. And to live in Him in this world is, like Him, to find our Beatitude in the form being burdened.

Let me give an example. *"Blessed are those who mourn, for they will be comforted."* Where is happiness and joy in mourning? Well, I am grieving my mother now and it is a strange burden that comes in waves. Yet, there is beatitude in bearing this burden of grief because the grief is completely in proportion to the love that was mine with my mother. That love is beatitude because to love someone is to bear them as a "burden", to care, to be affected by, to rejoice with them. Love is always beatitude that strengthens, that "comforts."

Even more, when grief is shared with others in Christian mourning of a people willing to be burdened by the grief of another, is experienced *in Christ Jesus* who has won for us eternal life, Beatitude Itself.

So a couple of questions. Do you know by heart the Beatitudes? Have you ever used them as an Examination of Conscience at the end of the day or before the Sacrament of Reconciliation?

That allowing ourselves to live burdened by others brings happiness is indeed foolish in worldly eyes.

"But God chose what is foolish in the world to shame the wise; God chose what is weak in the world to shame the strong; God chose what is low and despised in the world, things that are not, to abolish things that are." (1 Cor. 1:27-28)



MONDAY, February 2, 2026
The Presentation of the Lord (F)

11:30 am - Confessions & Rosary
12:10 pm - **Mass** († *Greg Cochet*)
6:30 pm - Medjugorje Prayer Group

TUESDAY, February 3, 2026
St. Blaise (OM) & St. Ansgar (OM)

11:30 am - Confessions & Rosary
12:10 pm - **Mass** (*SI Yvonne Kyba*)
7:45 pm - Holy Face Devotion

WEDNESDAY, February 4, 2026

11:30 am - Confessions, & Rosary
12:10 pm - **Mass** (*SI Julia Hardy*)
1:00 pm - **Eucharistic Adoration**

THURSDAY, February 5, 2026
St. Agatha (M)

11:30 am - Confessions & Rosary
12:10 pm - **Mass** († *Greg Cochet*)
4:30 pm - RCIC
7:00 pm - RCIA
8:00 pm - Christ the King Prayer Group

FRIDAY, February 6, 2026
St. Paul Miki & Companions (M)

11:30 am - Confessions & Rosary
12:10 pm - **Mass** (*SI Yvonne Kyba*)
5:30 pm - Sto. Nino Prayer Group

SATURDAY, February 7, 2026
Our Lady's Saturday (M)

10:00 am - Confirmation Prep
11:30 am - Confessions & Rosary
12:10 pm - **Mass** (*SI Yvonne Kyba*)

SUNDAY, February 8, 2026
5th Sunday in Ordinary Time

8:00 am - **Mass**
10:00 am - **Mass**
12:30 pm - Eritrean **Mass**
7:30 pm - **Solemn Vespers**
8:00 pm - **Mass**

Monthly Devotion To The Holy Face Of Jesus

Tuesday, February 3 @ 7:45 pm

All are welcome!

As part of the 2026 Priests Pension & Retirement Campaign, the Diocese of Saskatoon Catholic Foundation is inviting parishioners to submit a short video clip sharing a brief story or reflection on how their priest has impacted their life. Testimonies will be compiled into a campaign video to honour our priests and emphasize the importance of caring for them in retirement. For more info or to submit a video, contact the parish office.

Knights of Columbus "In Support of Life" Gala Fundraiser will be held **Saturday, Feb. 28**, at the Cathedral of the Holy Family. For tickets contact Merv at (306) 961-2473

Sister Peter Mary provides visits to homebound parishioners. If you know of a parishioner who would benefit from a home visit, please email **Sister Peter** at srpetermary@stpaulcocathedral.ca or call 306-986-3885

Time Out For Moms - Join the Catholic mothers' group Tuesday mornings for fellowship, encouragement in faith and vocation, along with coffee and snacks (childcare provided). Begins **February 3** at Holy Family Cathedral. Details and registration at: <https://tofmsaskatoonsk.wixsite.com/mysite>

OFFERING for January 25, 2026

Cash Donations	\$ 497.25
Envelopes	\$ 1,250.00