



Saint Vital

CATHOLIC CHURCH

Mission- 1861
Parish- 1914

Telephone: (204) 453-0933 | Email: office@stvitalparish.ca | Office Hours: Monday - Friday 8:00 A.M. - 4:00 P.M.
1629 Pembina Highway • Winnipeg, Manitoba • R3T 2G6 | www.StVitalParish.ca | Stay connected online at StVitalParish.ca

LORD'S DAY MASS TIMES: SATURDAY AT 4:00 PM & SUNDAY AT 9:00 AM, 11:30 AM & 8:00 PM



“Your light shall break forth like the dawn, and
your wound shall quickly be healed.”

ISAIAH 58:8

5th Sunday in Ordinary Time

SACRAMENT OF BAPTISM:

Please contact Candace at 204-453-0933 ext. 281
or candace@stvitalparish.ca for more information.

SACRAMENT OF RECONCILIATION:

Tuesdays from 6:00pm—6:45pm

SACRAMENT OF MARRIAGE:

Please contact one of our priests at the parish office at least
6 months in advance.

FUNERALS:

Please contact one of our priests at the parish office prior to
making arrangements with the funeral home.

February 8
2026

PASTOR

Fr. Wayne Morrissey ext. 270

SACRAMENTAL ASSISTANT

Fr. Michel Nault

PASTORAL ASSISTANT/ PARISH OFFICE ADMINISTRATOR

Candace Anthony ext.281

ADMINISTRATIVE ASSISTANT

Lynne Pelland ext.284

FAITH FORMATION

Cindy Cordeiro ext.287



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?

MASS SCHEDULE

SATURDAY, FEBRUARY 7TH

4PM † Margaret LeDressay
(Lucy LeDressay)

SUNDAY, FEBRUARY 8TH

9AM Lovey Wevursky
(Roger & Joan Brasseur)

11:30AM Missa Pro Populo

8PM Nadir Maniar
(Welgan family)

TUESDAY, FEBRUARY 10TH

7PM † Ramon Roberto Godoy
(Marietta Godoy)

WEDNESDAY, FEBRUARY 11TH

9AM † Ellen Harnden
(Lynn Jason)

THURSDAY, FEBRUARY 12TH

9AM William, Laurel & family
(K & D Schilling)

FRIDAY, FEBRUARY 13TH

9AM Thanksgiving
(Gregoria Parado)

Please join us on Wednesdays, Thursdays, and Fridays for the rosary
starting at 8:30am before the daily Mass

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. ●



GOETZ GEMINI

From The Eucharist: 50 Questions from the Pews by Fr. Richard Fragomeni, PhD (816994), © 2009 Liguori Publications

World Marriage Day

On February 8th we celebrate World Marriage Day, we encourage you to honor the beauty and commitment of the vocation of marriage. If you are married, consider renewing your vows in a personal moment at home and take a moment to pray together. If you are not married, pray for and support married couples in their commitment to Christ together. The married vocation is a vocation just as the priesthood is, and each vocation is a person's path to sanctification in this life which, God willing, will lead you to sainthood in the next. Saints Joachim and Anne, pray for us!

Catholic Schools Week Vocation Adoration

February 9-13 is Catholic Schools Week; let's remember to celebrate and pray for our St. Maurice students. You are invited to come on Tuesday, February 10th from 6-6:45 for a special time of adoration to pray for the intentions of the St. Maurice students, especially for their vocations. Prayer resources will be available for all ages. Pray for our students, that the Holy Spirit will enlighten them in choosing the vocation God has planned for them; maybe a beautiful life of service to the Church as a Priest, Deacon, religious Brother or Sister or to the wonderful life of sacramental marriage.

Weekly Stewardship Report

Thank you for your donations - February 1, 2026

Sunday Collection February 1, 2026	Budgeted per week	Weekly Collection +/-	Year to Date +/-
\$ 7638.15	\$ 7636.00	\$ 2.15	- \$ 336.35

Parish Debt collected—Feb.1 '26	Budgeted per week	Weekly Collection +/-	Sharing God's Gifts collected—Feb.1'26	Budgeted per week	Weekly Collection +/-
\$ 45.00	\$ 1053.00	- \$ 1008.00	\$ 285.00	\$1106.67	- \$ 821.67

Catholic Women's League and

Knights of Columbus

present

SNOW MUCH FUN!



TRIVIA NIGHT AT ST. VITAL PARISH

\$25 PP - 16+ yrs

Enter on your own or
as a team of up to 8

Feb. 28'26 | 6 PM Doors Open
7 PM Games Begin
St. Maurice School Gym
1639 Pembina Hwy

TICKETS ON SALE NOW

CONTACT VIOLETTE - 204-296-3163
OR cwlstvital@outlook.com

Pizza Included, Cash Bar & Raffle Prizes

Come Dressed in Winter Theme Attire!

- prizes for best theme attire, team name, and winning team

Thank you for your participation in Called By Name Sunday last weekend. If you have not had a chance to share the name of someone you think may be called to the priesthood or religious life, you can still do so by visiting the vocations website: archwinnipeg.ca/vocations/.



A parish to call home! If you are new - WELCOME!

If you have been away - WELCOME HOME!