

We welcome you to

Holy Martyrs of Japan Parish

P.O. Box 1180, 167 Essa Street, Bradford, Ont. L3Z 2B6

Telephone 905-775-2065 Parish subscription with Formed.org

Email: holymartyrs of japan@archtoronto.org website: holymartyrs of japan.archtoronto.org

Office Hours - Monday to Friday 9:30 am - 12:00 pm & 1:00 pm to 4:30 pm

You are
THE SALT
of the earth
Matthew 5:13

Pastor: Rev. John Pak jpak@archtoronto.org

Associate Pastor: Rev. Edwin Logrono
elogrono@archtoronto.org

Deacon: Dcn. David Langley



Holy Martyrs of Japan-Pray for Us!

SUNDAY MASSES

Saturday Vigil: 5:00 pm

8:00 am (Mass in Portuguese the second Sunday of the month.)

10:00 am, 12:00 pm

2:00 pm St. Philip of Jesus Mission (Migrant Workers
in Spanish)

WEEKDAY MASSES

Mondays, Wednesdays & Fridays 7:00pm

Tuesdays, Thursdays & Saturdays 9:00am

CONFESSIONS

Saturday: 8:00am to 8:30am and 3:30pm to 4:30pm
or by appointment.

BAPTISMS

Please contact Father John at jpak@archtoronto.org

MARRIAGE

Please contact Father John at jpak@archtoronto.org
At least one year's notice is needed and do not book
venues until the first meeting with the priest.

HOLY COMMUNION for SHUT-INS and SICK

If you know of anyone who is sick and would like to
have communion brought to them or would like the
Sacrament of the Sick, or simply would like to be
included in the Prayers of the Faithful, contact us.

PARISH CATHOLIC SCHOOLS

Holy Trinity High School—905-775-4841

St. Marie of the Incarnation—905-775-3492

St. Teresa of Calcutta—905-778-8653

St. Charles—905-775-6762

St. Jean de Brebeuf—905-775-8460

St. Angela Merici—289-231-2085

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Youth Minister:

Ray Reitzel email: reitzel@hotmail.com

PARISH MINISTRIES and SOCIETIES

Alpha

Catholic Moms Group

CWL (Catholic Women's League)

Consolation and Hope

EDGE Youth Ministry

Faith and Fellowship

Knights of Columbus

LIFETEEN Youth Ministry

Liturgical Ministers

Nossa Senhora de Fatima

RCIA (Rite of Christian Initiation of Adults)

Rosary Apostolate

St. Vincent de Paul Society

St. Philip of Jesus Mission for the Migrant Workers

Santissima Trinitade & Espirito Santo

Young Adult Ministry (YAM)

NEW PARISHIONERS: WELCOME!

We are delighted to have you join our parish family; we invite
you to register by completing the form in the parish foyer or
at the parish office. Offering envelopes available by request.

WEEKLY MASS INTENTIONS

MONDAY, February 9, 7:00PM +Anna Rosa Marques Neto +Ethan May +Martin Heim +Vilma LaRoche +Margaret Dudo +Milan Bobala *Special Intention for Daniel McCardle

TUESDAY, February 10, 9:00AM +Manuel Da Silva +Antonino & Francesco Gammicchia

WEDNESDAY, February 11, 12Noon & 7:00PM *Special Intention for all the Sick

THURSDAY, February 12, 9:00AM +Sergio Gomes +Vilma LaRoche

FRIDAY, February 13, 7:00PM +For the Liberation of All Deceased Priests from Purgatory +Tibor & Alojzia Sakac

SATURDAY, February 14, 9:00AM*ProPopulo

SATURDAY, February 14, 5:00PM +Isabel Camacho & Manuel Feliciano Coelho +Generosa Paulos +Joao & Manuel Veloso +Maria Dolores Vigario +Antonio Santana & Maria Sousa +Vitorino Nazario & Olimpia Sousa +Virgilio & Rosa Oliveira +Graciete Domingues +Marco Fernandes +Lucia Balugas & Arminda Balugas +Isaura Lourenco & All Deceased Family Members +Martinus Lukasanto +Antonio Gallo +Armando Araujo +Joseph & Wladyslawa Balon

SUNDAY, February 15, 8:00AM *ProPopulo

SUNDAY, February 15, 10:00AM +Peggy Viaene Michaud +Francesca Filippelli

SUNDAY, February 15, 12:00PM +Stanislaw Orzolek +Janina & Kazimierz Kierbiedz

SUNDAY, February 15, 2:00PM *ProPopulo
St. Philip of Jesus (Mission)

Family, they are God's gift

"Peace and war begin at home. If we truly want peace in the world, let us begin by loving one another in our own families. If we want to spread joy we need for every family to have joy." – St. Teresa of Calcutta

Mother Teresa was intimately aware of poverty – living it and serving the poor. Yet she identified poverty of spirit as one of the greatest ills in society. Her advice to families was to pay attention to one another and notice needs beyond the physical. It is at home that we learn what God is like and what we are worth. When we notice the needs of our family members, we show them that they are beautifully made, worthy of love, and desired by us and by God.

"Prayer is needed for children and in families. Love begins at home and that is why it is important to pray together. If you pray together, you will stay together and love each other as God loves each one of you." – St Teresa of Calcutta

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FAMILY DAY – Monday February 16, 2026,

Wishing you and your families a blessed and joyful Family Day Long Weekend! Please note that the **parish office will be closed** for the holiday and **Mass will be celebrated at 9:00 am.** May the Holy Family watch over you and keep your homes filled with peace, love, and grace.

REFLECTION

Jesus said to his disciples: "You are the salt of the earth. But if salt loses its taste, with what can it be seasoned? It is no longer good for anything but to be thrown out and trampled underfoot." Matthew 5:13

Sodium chloride, also known as salt, is one of the most commonly used substances in the world, used for seasoning, preserving, and purifying. Sodium chloride is a very stable compound and cannot lose its flavor unless there is a chemical reaction or dissolution. Why, then, did Jesus suggest that salt could lose its taste? One likely explanation is that the salt used in ancient Palestine could indeed lose its flavor due to impurities and the conditions in which it was stored.

The Dead Sea, located in modern-day southeast Israel, contains a massive deposit of salt and other minerals. According to biblical history, Lot's wife was turned into a pillar of salt in this region. Because of the vast salt and mineral deposits, the area surrounding the Dead Sea is desolate.

Salt extracted from the Dead Sea was never pure sodium chloride. Gypsum and other minerals were also present, making the salt impure. If this salt were stored improperly or came into contact with water, the sodium chloride could dissolve and wash away, leaving behind the solid residue of minerals. These residual substances, like gypsum, had the appearance of salt but were tasteless and useless for flavoring, preserving, and purifying purposes. When this happened, the "salt" lost its taste. In light of this explanation, Jesus' teaching becomes especially clear.

The first notable feature of salt is its ability to add flavor to food. By calling His disciples the "salt of the earth," Jesus was instructing them to enhance the "flavor" of the world by bringing the truth of the Gospel and the joy of His message to others. A Christian life lived in fidelity to Christ would make the world a better and more virtuous place, just as salt enhances the flavor of food.

Salt is also commonly used for preservation. Before the age of refrigerators and freezers, salt was mixed with food to prevent corruption, by drawing out moisture and hindering bacteria and other microorganisms. Though this practice is still used today, it was especially vital in ancient times. By being the "salt of the earth," Jesus was calling His disciples to preserve the world from moral decay. Through their witness and proclamation of the Gospel, they were to act as a preservative against sin and spiritual ruin. If they were to "lose their taste," they would become indistinguishable from the rest of the world and ineffective in their mission. Hence, Jesus was exhorting them—and us—to avoid becoming watered down and bland in our witness to the Gospel.

Lastly, salt held a significant role in Jewish religious practices, symbolizing purity and consecration. In sacrificial rituals, salt was used to consecrate offerings, as commanded in Leviticus: "You shall season all your grain offerings with salt. Do not let the salt of the covenant with your God be lacking from your grain offering. On every offering you

ANNOUNCEMENTS

5th Sunday in Ordinary Time | February 8, 2026

shall offer salt" (Leviticus 2:13). By seasoning their offerings with salt, the Israelites preserved the sacrifices from decay, making them pure. This practice reflects the disciples' role in purifying the world through their example of holiness, their lives of self-sacrifice, and their participation in Christ's redemptive work. They were to live lives of integrity, leading others to God through the purity of their hearts and their unwavering commitment to His will.

Reflect today on this powerful metaphor of being the salt of the earth. The world desperately needs the enriching "flavor" of God's grace. Without Him, the world is left to corruption and decay. Be the salt of the earth. Do not become watered down in your faith. Remain steadfast in your fidelity to Christ and His Gospel, and you will transform the world around you. In doing so, you will not only glorify God but will also share in His eternal joy.

My Catholic Life! 2026



A PRAYER FOR LENT

My precious and crucified Lord, I offer You this Lent. I offer it to You with total abandonment and trust. I offer You my prayers, sacrifices and my very life this day. Do with me, Lord, as You will. I pray that this Lent will be fruitful. I know You have much to say to me and much to do in my life.

May this Lent be a time through which Your mercy is poured in abundance into my soul and into the souls of all Your faithful. Dearest Lord, help me to especially see my sin, this Lent. Humble me so that I may see clearly. Give me courage and strength to confess my sins and turn from them with all my heart. Enlighten me with Your Holy Word, dear Lord. Help me to come to know You and to deepen the gift of faith in my life. Show me the plan You have for me and place my feet upon the path You have chosen.

In my suffering Lord, I thank You for the fullness of Your perfect Sacrifice. May I offer You my very life as a sacrifice, trusting in Your mercy with every offering. Keep me faithful to my Lenten promises and bring forth new life through these sacrifices of love. Strengthen my prayer and make me holy. Help me to turn to You, each day, seeking Your sacred and Pierced Heart.

Blessed Mother, you stood by your Son in His suffering and death, stand by me, I pray, as I journey through this life. Pray for me and offer me to Your Son, that He may take me into His loving embrace. Mother Mary, Mother of our Crucified Lord, pray for us who have recourse to thee. Amen. *My Catholic Life! Inc. 2002*

OUR LADY OF LOURDES - ANNOINTING MASS For World Day of the Sick on Wednesday February 11, 2026, at 7:00pm. Anointing of the sick will be available during Mass for the baptized with a serious illness, the elderly, or those facing serious surgery.

The Knights of Columbus would like to thank everyone who supported our parish breakfast last Sunday! Our parish hall was filled with conversation, laughter and a true sense of community! **Please join us for our SHROVE TUESDAY DINNER!!**

SHROVE TUESDAY DINNER-February 17 at 5:00pm
The Knights of Columbus invite everyone to our Shrove Tuesday Dinner. We look forward to sharing a meal together as we prepare our hearts for the Lenten journey ahead.

ASH WEDNESDAY - THE BEGINNING OF LENT FEBRUARY 18, 2026

There will be two Masses celebrated this day with the distribution of ashes. One at 12 noon and one at 7:00pm



STATIONS OF THE CROSS

Starting Friday February 20, 2026, and every Friday thereafter during the season of Lent, join us for the Stations of the Cross at 7:30pm.

Come Journey with Christ and prepare yourself for the Triduum.

SACRAMENTS

REGISTRATION FOR 2026 FIRST COMMUNION AND CONFIRMATION IS NOW CLOSED!

Thank you to all who registered to receive the sacrament of First Communion and Confirmation scheduled for Spring of 2026. Registration is now closed, and we are now able to move forward with the next stage of our planning process; sacramental preparation, and the recruiting of the volunteers required to assist with the number of children registered. For all those who have not registered for the 2026 sacramental season, we look forward to celebrating these sacraments with you next year. Be sure to visit our website and online bulletin for future communications regarding sacramental registration for next year.

YOUTH MINISTRY



Grades 6, 7 & 8 are invited to come to Edge, on Fridays at 7:00-8:30pm in the Parish Hall. **Next Edge Night: Date: February 13 – Edge Idol**

LIFE TEEN

For youth in Grades 9-12 and will be held every other Friday from 7:00-9:00pm. In the Parish Hall. All are welcome! **Next LifeTeen Night: Date: February 20 – What You Want**

CENTURY 21

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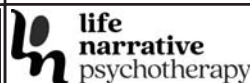
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