

ReSTART: Moving Forward Have you experienced a divorce or separation? Are you looking to learn ways to cope, for support from others and to gain a feeling of moving forward? Our 10-week program offers education and support to anyone seeking to heal or simply learn more. The sessions will run Tuesdays from February 17 to April 21 from 7 to 9 pm and are held at the Chancery Office at 700 King St. West in person. Cost is \$35 for materials, but no one is turned away. Register online at hamltondiocese.com and look for the date under Upcoming Events, or contact Sarah at 905-528-7988 ext. 2249 or familyministry@hamltondiocese.com.

ENHANCING SELF-ESTEEM This program provides the opportunity to increase awareness of yourself and to learn specific skills for building a positive self-esteem. It can help you to feel stronger in all areas of your life. Topics covered include taking responsibility for your own thoughts and feelings, positive ways to behave assertively and setting realistic goals for your future. The program will run Tuesdays from February 17 to April 21 from 7 to 9 pm and are held at the Chancery Office at 700 King St. West Hamilton. Cost is \$35 for materials. Register online at hamltondiocese.com and look for the date under Upcoming Events, or contact Sarah at 905-528-7988 ext. 2249 or familyministry@hamltondiocese.com.

When Life Changes Grief Program Using Dr. Bill Webster's grief material, these programs are will help you to understand your grief and provide practical tips and support. Both part one and two will be offered at the Chancery Office at 700 King St. West. All are welcome. To register, look for the program start date under Upcoming Events on the Diocesan home page at hamltondiocese.com or call the Family Ministry Office at 905-528-7988 ext. 2249.

PARENTING TIP OF THE MONTH We are constantly teaching our kids by what we choose to make a priority. We encourage schoolwork to be done well, engage in extra-curricular activities for fun and development, pray and attend Mass so faith stays at the forefront of our family values. We are however, also teaching our children when we are not trying to teach them. In those moments we are silently saying, you matter and I love being with you, that family time to relax is vital to good mental health and that undertaking chores together connects us as a family. So, enjoy the non-teaching times because they matter more than you might think!

MARRIAGE TIP OF THE MONTH We communicate by using words, sometimes without thinking about their impact. Words can build someone up or tear them down. It is the same in our relationships, the words we choose to express ourselves can impact our relationship, even when there is an issue, positively or negatively. Severe words that criticize, words used in harsh tones, words that are not true, or worse, saying nothing at all but acting angry, all escalate sometimes small matters into a storm. Speaking the truth and expressing needs in ways that are not negative will resolve matters and do no harm, in fact, they will strengthen your love and bond.

~ From: Teresa Hartnett, Family Ministry Office; 905-528-7988 ext. 2250

Happy Valentine's Day!  Jesus Loves You! 



St. Luke Roman Catholic Parish

200 Mount Albion Road, Hamilton L8K 5S9
Phone: 905-560-1551 Fax: 905-578-6562
www.stlukerhamilton.org
stlukehamilton@hamltondiocese.com

Celebrating together
since 1975

February 8, 2026
Fifth Sunday in Ordinary Time

BLESSED ARE THOSE WHO WALK IN THE LAW OF THE LORD

PASTOR: Rev. Mike Francis

Business Administrator/Bookkeeper: Mrs. Nancy Andrejciw
Parish Office Hours: Monday to Thursday from 9 am to 4 pm

SUNDAY MASS

Saturday ~ 5 pm Sunday ~ 9 am and 11 am

CONFESSON 4:15 pm to 4:45 pm Saturdays before Mass

**Please contact the Parish Office to arrange the Sacraments
of BAPTISM and MARRIAGE at St. Luke Parish**

SCHOOLS St. Luke 905-561-3966 Bishop Ryan 905-573-2151

CWL Enza DeTina and Lori Graf **Knights** Jerry Nelligan

St. Vincent de Paul Society Help Line (289) 520-0802

St. Vincent de Paul donations/pickups - Vinnies Store 905-549-3902

In Memoriam

Please consider a donation to the parish in memory of someone who has passed away.
A card will be sent to the family on your behalf and a tax receipt will be issued to you.

MASS SCHEDULE

Monday February 9 ~ NO MASS

Tuesday February 10 ~ St. Scholastica

7 pm Giuseppa Falcone
Antonio and Antonietta Falcone

Wednesday February 11 ~ 9 am

Our Lady of Lourdes
Estrella Serato

Thursday February 12

7 pm Fernando and Dina Ferritto

Friday February 13 ~ 9 am

Helen Tambiloc

Saturday February 14

5 pm Alberto DiPietro
Hellen Recoskie Bersinic

Sunday February 15

9 am Pro Populo
11 am Intentions of the
Michtics and Pellegrini families
* NO Children's Liturgy at the 11 am Mass

Tuesday February 11 is World Day of the Sick

The ministry of Jesus to the sick is central to the life of the Church. February 11, also the Memorial of Our Lady of Lourdes, highlights the healing ministry of the Church. It reminds us that service to the sick and suffering cannot be neglected. It recognizes the great efforts of doctors, nurses, health care institutions and pastoral care givers to restore health to those afflicted with illness.

**When 'i' is replaced by 'we'
even 'illness' becomes
'wellness'**

"You are the light of the world."
Are you willing to let your light shine as a priest, deacon, brother or sister?
If you think God is calling you to a Church vocation, contact Fr Fr. Mark Morley, Director of Vocations, Diocese of Hamilton 905-528-7988 vocations@hamiltondiocese.com hamiltondiocese.com/vocations/

PRAY FOR VOCATIONS

Each of us has received a call from God. By our prayers we help each other to be faithful to this call. This week we pray for:

Monday	Rev. Lourdy Dorismond, O.M.I.
Tuesday	St. Scholastica, Virgin
Wednesday	Discalced Carmelite Nuns, O.C.D.
Thursday	World Day of the Sick
Friday	Parents & Guardians
Saturday	Rev. Hanh Van Tran, O.M.I.
	Rev. Adam Voisin

**2026 Parish Envelopes are available
for pick up in the Narthex**



The funeral Masses of
Alberto DiPietro
and Donald Watson
were celebrated this
past week in our Parish.

*Eternal rest grant unto them,
O Lord, and let perpetual light
shine upon them. May their souls
and the souls of all the faithful
departed through the mercy of God
rest in peace. Amen*



The Circle of Arts & Crafts Group will be selling roses and other items in the Narthex on Saturday February 14 before and after the 5 pm Mass



Hospitality Sunday

Next weekend in the Parish Centre after all Masses!
Help support our 4 CHALICE children with a free will offering

Please join us for refreshments and fellowship!

St Vincent de Paul News **Coldest Night of the Year (CNOY) ~ February 28, 2026**

The Hamilton St. Vincent de Paul Society is having the following fundraising events this year.

Funds raised go to support neighbours in need across Hamilton:

Coldest Night of the Year: February 28 at St. Mary's Secondary School

Annual St. Vincent de Paul Dinner Dance: May 22 at Galileo Gardens

Golf: August 14 at Flamborough Hills Golf Course

Purse Bingo: October 23 at St. Naum Banquet Hall

To make a donation for the Coldest Night of the Year walkathon, go to this web site, <https://cnoy.org/location/hamiltonainsliewood>, click on "TEAMS", find St. Luke Skywalker's and then make a donation. You may also register to join the walk and fundraise.

Thank you for your support of our Neighbours in Need!



AN HISTORICAL MOMENT:
On February 4, 1976, Luke's Catholic Women's League signed their Charter. Adele Menagon was the founding president, Father Kramer was the Spiritual Advisor under the guidance of Bishop Reding. What a momentous occasion!

This year we will be celebrating this 50th Anniversary!

SAVE THE DATE: Sunday April 26 following the 11 pm Mass, we will be having a 50th Anniversary Luncheon at Marquis Gardens on Rymal Road and Upper Ottawa. *Further details will be coming very soon.