

Fourth Sunday in Ordinary Time – February 1, 2026



When Jesus saw the crowds, he went up the mountain, and after he had sat down, his disciples came to him. He began to teach them, saying: "Blessed are the poor in spirit, for theirs is the kingdom of heaven. Blessed are they who mourn, for they will be comforted. Blessed are the meek, for they will inherit the land. Blessed are they who hunger and thirst for righteousness, for they will be satisfied. Blessed are the merciful, for they will be shown mercy. Blessed are the clean of heart,

for they will see God. Blessed are the peacemakers, for they will be called children of God. Blessed are they who are persecuted for the sake of righteousness, for theirs is the kingdom of heaven. Blessed are you when they insult you and persecute you and utter every kind of evil against you falsely because of me. Rejoice and be glad, for your reward will be great in heaven. - Matthew 5:1-12a

Poor in Spirit

Who are the poor in spirit?

Several common misunderstandings can block our comprehension of the first Beatitude.

For example, (1) some people take the phrase "poor in spirit" as analogous with language like "the soil is poor in nitrogen"—as if the condition of being relatively spiritless were being used. This misunderstanding springs from an unfortunate accident of language.

Then there is (2) the reading that takes the first Beatitude as a consolation of the destitute, as if Jesus were saying to the economically deprived, "don't worry: you are suffering now in your poverty, but your present suffering will be amply recompensed in the next life, after you die." But "kingdom of heaven" is simply Matthew's Jewish way of referring to what is elsewhere in the Gospels called "the kingdom of God," or God's reign, already inaugurated in the life of Jesus and accessible even before death.

Another source of confusion, common even in commentaries, is the claim that (3) Luke's version, "Blessed are [you] poor," congratulates the economically destitute, whereas Matthew's version somehow takes the bite out of the Beatitude by "spiritualizing" it with the phrase "in spirit."

The case can be made that both Luke and Matthew are faithful to the teaching of Jesus, which draws its meaning of "the poor" from Isaiah. In a number of places, Isaiah describes Israel in exile as poor, hungry, mourning as they await God's response to their need for rescue from exile. In this context, to be poor is to know your need for God.

Once we are in touch with the biblical home base of "the poor," we can see why Matthew introduced the phrase "in spirit," for knowing one's need for God is a disposition of the heart, not an economic state.

At the same time, however, those who know the pinch of actual poverty have the edge in knowing their need for God. In this respect, the economically secure can more easily succumb to the delusion that they are self-sufficient.

How, then, do those of us who are relatively secure economically qualify for the blessing of the "poor in spirit"? Cont...

Some have found that poverty of spirit by discovering their helplessness in the experience of addiction or in the loss of a loved one. Others have learned to recover their need for God by standing in solidarity with the economically deprived and seeing the world anew through their eyes.-Dennis Hamm, SJ

Readings For This Sunday

Reading I: Zephaniah 2:3; 3:12-13

Reading II: 1 Corinthians 1:26-31

Gospel: Matthew 5:1-12a

Readings For Next Sunday

Reading I: Isaiah 58:7-10

Reading II: 1 Corinthians 2:1-5

Gospel: Matthew 5:13-16

FINANCE

1st Collection= \$3,439

Next week's 2nd Collection = Building & Maintenance

AMA Goal = \$31,700 Pledges= \$33,773 Gifts= \$33,488

Parish Rebate= \$1,788 THANK YOU!

Exposition of the Blessed Sacrament-Fri. Feb.6

On First Friday Feb.6th we again have the privilege of spending time with our Lord in the Eucharist from 1-5pm. Please come to adore Him who made you and the beauty of the world. We also need at least 2 people per hour to sign up on the Adoration sheet. Thank you.

TODAY Pancake Breakfast Next Sunday Feb. 1st

The St. Bernard Pancake Breakfast prepared by the Knights of Columbus will be held Sunday, Feb 1st in St. Bernard Parish Hall. Breakfast is served 8:30 am till 12. The menu includes pancakes, ham, sausage, scrambled eggs and all the usual wonderful trimmings! Cost is \$10 for adults, \$5 for children under 12 and \$25 for a family of 5 or more. The proceeds will go to the St. Bernard Parish Building Fund

Baby Bottle Boomerang Invitation Baby bottles for donations to the Pregnancy Care Center and J Rolpe are in the churches. Please take one home and support your catholic pro-life values by collecting monetary donations for the pro-life centers. This is a great project for the family. Bottles may be brought to the office.

St. Bernard Rosary Program Report: 11,620!

Rosaries prayed last week =55 Cumulative= 11,620

Please pray the Rosary on Mondays, Wednesdays and Fridays before the 12:15pm Mass.

Silent Auction Item Request for St. Patrick's Day

Fest St. Bernard's Knights of Columbus are asking for silent auction items for their annual *St. Patrick's Day Fest*. The auction helps raise needed funds for our local community. If you would like to donate an item, gift basket, or gift certificate, please contact Frank Ferreira @ (707) 601 2061 or Johnny Hufancia @ (707) 845-8935.

St. Bernard's Phone Prayer Line

For those who are interested in joining the prayer chain or anyone with a prayer request, please call Alan / Illeen at (707) 442-6844. "Prayer is an act of love, words are not needed. Even if sickness distracts from thoughts, all that is needed is the will to love" ~ St. Teresa of Avila

Eureka Holy Mass Schedule

Saturday, January 31

3:15 Confession St. Joseph Church
4:00 pm +Haley Walund St Joseph Church

Sunday, February 1

7:30 am Mass for the People St. Joseph Church
9:00 am Int. Kate Dettner Sacred Heart Church
10:30am Int. Sylvia Clark St. Bernard Church
12:15 pm(Sp)No Intention Sacred Heart Church

Monday, February 2

12:15 pm +Ermelinda DeNeves St. Bernard Church

Tuesday, February 3

7:30am +Ermelinda DeNeves St. Joseph Church

Wednesday, February 4

12:15 pm Int. John Jr. St. Bernard Church
6:00 pm Adoration & Confession Sacred Heart Church
7:00 pm No Intention (Sp) Sacred Heart Church

Thursday, February 5

7:30am +Avira Agatha Gomes St. Joseph Church
11:30am Mass No Intention St.Joseph Hospital

First Friday, February 6

12:15 pm + Paul Windham and Int. Catherine Biesecker St. Bernard Church
1-2 pm Confession St. Bernard Church
1-5 pm Adoration St Bernard Church

First Saturday, February 7

8:30 am No Intention Sacred Heart Church
3:15 Confession St. Joseph Church
4:00 pm +Haley Walund St Joseph Church

Sunday, February 8

7:30 am Int. Suanna Rowell St. Joseph Church
9:00 am +John Moon Sacred Heart Church
10:30am Mass for the People St. Bernard Church
12:15 pm(Sp)No Intention Sacred Heart Church

Please Pray For: Josephine Silva, Jo Ann Dellabalma, Ann Marie DeSimone, Bill King, Martin & Martha Fosnaugh, Claudia Vess, Chris Miller, Mary Alpers, Basil, Santos, Bosco, Maria, Mario, Pio, & Mariano Mainus, Nancy Allen, David Russell, Sonny, Garrett Anderson, Dottie Barrett, Harvey & Mary Anne Bennett, Mildred Perrone, Marian Griffin, Massimo Matteoli, Gary Cormier, and Obdulia Walter

Please Pray For Our Beloved Departed:

Lena Petty, Sarah Mixon, Suanna Rowell, Erling Dellabalma, Paul Windham, Nick Giannini, Juvenal (John) Regalo, Evo Fannuchi, Dianne Luzzi, Rose Ann Hurst, Tom Long, Joe Thompson, Colleen Cruz, Gina Costa, Rodrigo Reyna Sanchez, Jerry Bronder, Madalenne Smith, Bruce Amado, Doris Davy, Stella Reyes, Mary Antonelli, Mary Ellen Hadley, Sara & Carmen Scrivner, Camille Regli, Fred Avelar, Delores McBroome, and Gus Cricchio

The Secular Discalced Carmelite Group invites you to join us for a Lenten day of prayer and reflection on Saturday, February 28 at Assumption Church in Ferndale. Fr. Stephen Watson, OCD, will be our spiritual guide for the day. The day will begin at 9:30 a.m. with Morning Prayer and includes Mass, confessions, two conferences, quiet time and Exposition of the Blessed Sacrament. We will end at 4 p.m. Please bring a lunch. We will provide drinks and snacks. Questions? Please call Ginny Fox at (707) 725-6930.

Watch Now: Forming the Hearts of Future Priests

See how our seminarians of the Diocese are being formed through prayer, study, fraternity, and daily sacrifice as they discern God's call to the priesthood. This short film offers an intimate look at seminary life and the men preparing to serve Christ and His Church. Watch now and keep our seminarians in your prayers. <https://www.youtube.com/watch?v=qorc3vGs4c>

Marriage and Family Life Information & Support

For the beautiful vocation of Marriage and Family there is support including: Marriage Preparation, Family Faith Resources, Quince Prep, Healing and Accompaniment, Enrichment/Formation, Natural Family Planning, Respect Life and Advocacy among others. Please visit: <https://srdiocese.org/marriage-and-family-life>

Next Week...Christ the King BBQ Fundraiser

The Knights of Columbus will be having a DRIVE-THROUGH BBQ FUNDRAISER on Super Bowl Saturday February 7 with a generous serving of savory grilled and sliced the BBQ tri-tip on a roll, coleslaw, pickle, and cookie. Simply pre-order your meals and drive by Leavey Hall between 4PM and 6PM Saturday evening to pick up your order which will be delivered right to your car window! This is an important fundraiser for our local KOC Msgr. Nugent Council, and we need your support to help keep it a success. Please invite your family and friends to join us! Proceeds are used to support our council and help with parish and local projects. Tickets are \$25 per meal, with additional meals discounted at \$20/meal. Tickets can be ordered by calling Tim Salamunovich (707) 822-5453.

ICF- Betty Chinn Homeless Ministry PBJ Drive

To increase the amount of food reserves this winter for Betty Chinn's ministry to the homeless the Italian Catholic Federation Branches in Humboldt County will be coordinating a peanut butter and jelly donation drive at St Bernard, Sacred Heart, St Mary, St Joseph, and Assumption Parishes. Donation boxes will be in the vestibule of the church for your donations from now until February 8th Super Bowl Sunday. Please leave your donations in the boxes. At the end of the donation drive the ICF will award the parish with the most peanut butter and jelly donations as Champions of PBJ Super Bowl!

43rd annual Lake County Outdoor Passion Play is drawing near; May 16 and 17, 2026.

Have you always wanted to be in a passion play? The first meeting for the cast of the Passion Play will be on Sunday, March 1, 2026, at 4:00 PM at St. Mary's Catholic Church Hall, 801 North Main, in Lakeport - and it is important you all attend. This is our annual POTLUCK dinner so bring your favorite dish to share (salad, main or side dish or dessert). All practices will be held at the Passion Play grounds at 7010 Westlake Rd. in Upper Lake, CA. Practices start at 1:30 PM and will finish at 4:00 PM. Please be prepared to commit to this schedule as follows: March 29 1:30-4:00pm, Sunday April 12, 19 & 26 1:30 - 4:00 and Sunday, May 3 & 9 (Dress Rehearsals) 1:30pm-4:00pm Note Easter Sunday is April 5 this year. We will not practice on Mother's Day, May 10 th. Please note that the Passion Play telephone number is 707-263-0349 www.lakecountypassionplay.org or Facebook.com/PassionPlay.LakeCom/) Thank you, Rob