



## That Our Wounds Might Be Quickly Healed

ANN M. GARRIDO

**S**ome 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. ●



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### Reflect

*Why does helping another lift our own spirits?*



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

ISAIAH 58:8

# ST. BARBARA PARISH

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Dalzell IL 61320

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## St. Thomas More Site

302 Chestnut Street  
Dalzell IL

## Adoration Room at STM Site

Open Daily from 9 am-6 pm

### Confession Info

Saturday morning, alternating  
between STM Site & HT Site  
in the Confessional between  
10:30 am-11:15am

## Holy Trinity Site

### Parish Office

212 S Main Street  
PO BOX 159  
Cherry IL

### Church Office Info

Pastor: Father Thaddeus Tran

Pastoral Assistant: Melissa Pasillas

Office Hours at HT: Tuesday, Thursday and Friday 9am-1pm

Ongoing Parish Fundraising: STM Rav/Tort. Sale | call 815-252-2215 (leave name/phone #/order) \$9.00/bag

Emergency Number: 779-248-2164

Email: Melissahtc@outlook.com



### CCD Classes

Sunday, February 8th— K- 5th Grade CCD Class

Sunday, February 15th —6th-8th Grade CCD Class

### St. Barbara Daily Mass Intentions for the Week of February 9, 2026

Monday	02/09			† No Mass
Tuesday	02/10	9:00 am	STM Site	In Thanksgiving
Wednesday	02/11	5:30 pm	HT Site	† Bob McCook
Thursday	02/12	9:00 am	HT Site	† Daisy Kopek
Friday	02/13	9:00 am	STM Site	† Phil Maggio

### St. Barbara Mass Intentions for the weekend of February 14-15, 2026

Saturday	02/14	4:00 pm	ST. Thomas More Site	† Tony Panizzi
Sunday	02/15	9:00 am	Holy Trinity Site	† For the Parishioners

# AGAINST HUMAN TRAFFICKING

(February 8th, 2026 - International Day of Prayer and Awareness against Human Trafficking)

On February 8, Catholics around the world are encouraged to join in prayer to combat and raise awareness of human trafficking. Through prayer, we not only reflect on the experiences of those that have suffered through this affront to human dignity but also comfort, strengthen, and help empower survivors.

Calculated as a \$150 billion industry, human trafficking is a form of modern-day slavery and occurs when a trafficker uses force, fraud, or coercion to control another person for the purpose of soliciting labor or services against his/her will. There are an estimated 40.3 million victims of human trafficking worldwide. They can be of any race, color, national origin, disability, religion, age, gender, socioeconomic status, or education level, but human traffickers often prey upon members of marginalized communities and other vulnerable individuals.

It is shocking to consider the size and scope of the tragedy of human trafficking that exists in our world. Confronted by desperation and fraud, women and men are still exploited through forced prostitution and labor against their will. To be clear, this is modern day slavery that has affected over 40 million people. It cannot be accepted in any decent society.

Human trafficking is a horrific crime against the basic dignity and rights of the human person and requires massive resources and focus at the local, state, and federal levels to eliminate the root causes that allow it to exist. The United States Conference of Catholic Bishops continues to call upon Congress to enact comprehensive immigration reform, which would provide legal avenues for men, women, and their families to enter the country and work legally and safely. Elected officials must collaborate to decisively build pathways that lead to the common good.

The elimination of human trafficking is a priority issue for the Catholic Church, which believes every life is a gift from God and deserves to be protected and nurtured.

(excerpted from: [portlanddiocese.org/international-day-prayer-and-awareness-against-human-trafficking](http://portlanddiocese.org/international-day-prayer-and-awareness-against-human-trafficking))

## Church Announcements

### Our Lady of Perpetual Help Icon:

The icon of Our Lady of Perpetual Help represents the Christian Mystery of Redemption. It is a Byzantine icon that is believed to have its origin sometimes during the 13th–15th century. The image is also known as "Our Lady of Perpetual Succour." The icon is known for being miraculous; over the centuries countless healing and special graces have been attributed to it so much so that the image has been honored and venerated by many Popes. Parishioners are encouraged to come to Our Lady of Perpetual Help whenever they have to deal with trials and hardships.



### Ash Wednesday collection:

Bishop Tylka has requested a special collection this coming Ash Wednesday for the purpose of aiding the Church in Ukraine and more than 25 other countries in the Central and Eastern Europe.

The observances of National Marriage Week (Feb. 7-14) and World Marriage Day (Sunday, Feb. 8)

### Latest Offering's

February 1st Weekend

St. Barbara Parish

Total Collections:

\$2,132.00



### Next Confessions

Confessions on

Sat. February 14th

10:30am-11:15am

HT in the Confessional

# 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. ●

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

### A WORD FROM POPE LEO XIV

*In a divided and troubled world, the Holy Spirit teaches us to walk together in unity. The earth will rest, justice will prevail, the poor will rejoice, and peace will return once we no longer act as predators but as pilgrims. No longer each of us for ourselves but walking alongside one another. Not greedily exploiting this world but cultivating it and protecting it.*

HOMILY, ROME, JUNE 7, 2025



MILAN ZIVONIC / SHUTTERSTOCK

### Do you have a question for the Padre?

Go to [DearPadre.org](http://DearPadre.org) to send your question and to learn more about *Dear Padre*.

#### Monday

February 9

Weekday

1 Kgs 8:1-7, 9-13

Mk 6:53-56

#### Tuesday

February 10

St. Scholastica, Virgin

1 Kgs 8:22-23,

27-30

Mk 7:1-13

#### Wednesday

February 11

Weekday

1 Kgs 10:1-10

Mk 7:14-23

#### Thursday

February 12

Weekday

1 Kgs 11:4-13

Mk 7:24-30

#### Friday

February 13

Weekday

1 Kgs 11:29-32;

12:19

Mk 7:31-37

#### Saturday

February 14

Sts. Cyril, Monk, and

Methodius, Bishop

1 Kgs 12:26-32;

13:33-34

Mk 8:1-10

#### Sunday

February 15

Sixth Sunday in

Ordinary Time

Sir 15:15-20

1 Cor 2:6-10

Mt 5:17-37

or 5:20-22a, 27-28,

33-34a, 37