



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.

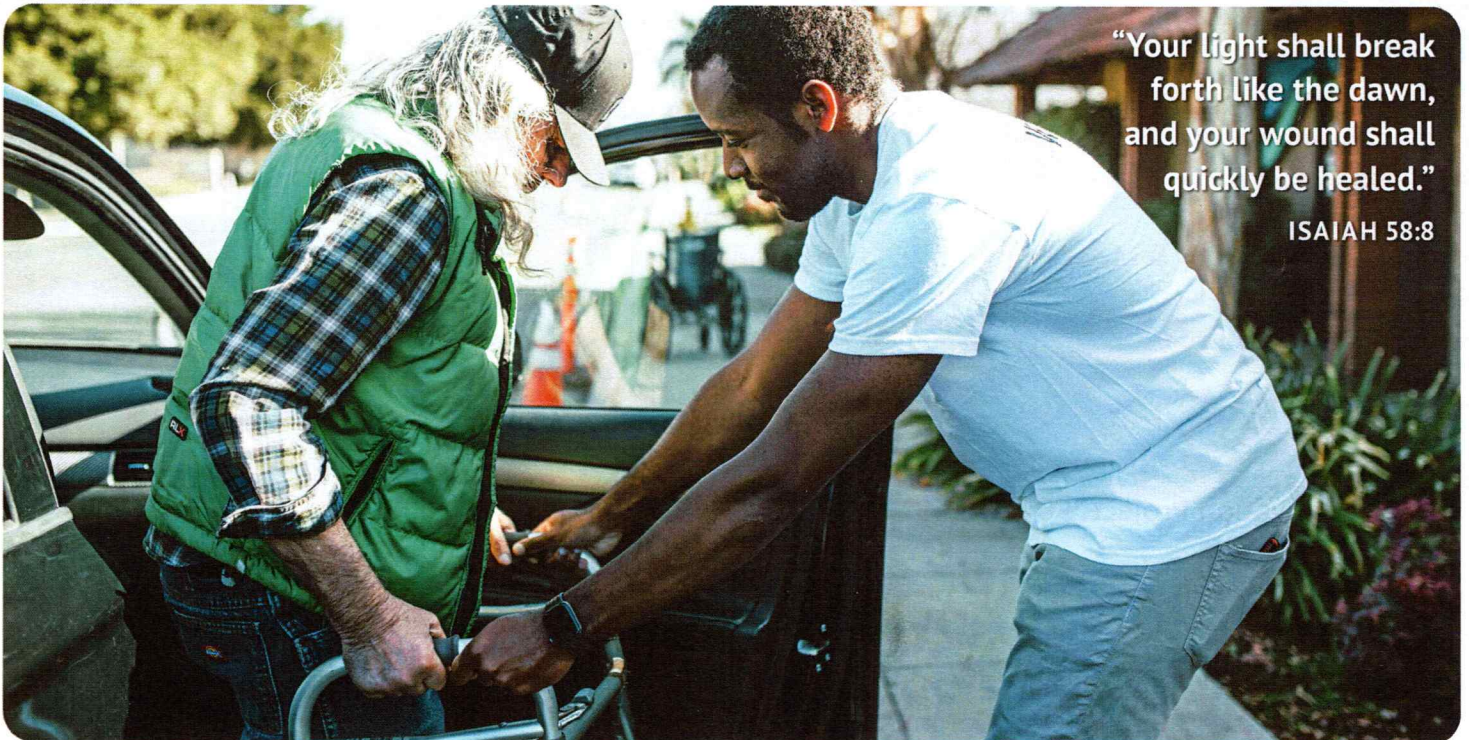
In recent years, we have seen an uptick in depression and anxiety, even among the young. We can be tempted to focus more inwardly on our own lives, our own griefs and shortcomings. Self-awareness is certainly a good trait to have! But, perhaps counterintuitively, today's readings remind us that our "wounds 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?



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

ISAIAH 58:8

St. Andrew Catholic Church

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Fifth Sunday of Ordinary Time – February 8, 2026

<u>Day</u>	<u>Time</u>	<u>Feast</u>	<u>Intention</u>
Monday			
Tuesday	8:00 am	St. Scholastica	Fred Hornung
Wednesday	8:00 am	Our Lady of Lourdes	Peg Theis
Thursday	8:00 am	No Mass	
Friday	9:00 am	Weekday Mass (at Fort Dodge)	Fr. Charles Mazouch
Saturday	8:00 am	Saints Cyril & Methodius	Leon & Pat Vogel
Sunday	9:00 am	Sixth Sunday in Ordinary Time	Saint Andrew Parishioners

Confessions: Sunday 8:00 – 8:45 am or by appointment any time

Ministers for Next Sunday, February 15, 2026

Greeters: Youth Group

Collection: Justin Weil & Steve Lutz

Cantor: Allen Morton

Servers: Aspen Downey & Myles King

Lectors: Youth Group

E.M.C.'s: Diane Lix, Sheila McCarty, Sara Smith

Gifts: Youth Group

Rosary: Greg Lix

Giving Report: 2-1-26

Envelopes: \$2,355.00

Loose: \$330.00

Electronic: \$675.24

Alms for Renovation Project: \$64,098.69



Breakfast Burritos will be available to pick up until Noon today.

Parish School of Religion is this Wednesday. 6:30 pm meal, classes begin at 7:00 pm. The meal this week is provided by the Knights of Columbus.

The family of Samuel Mages would like to express how grateful we are to the church community of St. Andrew Parish when dealing with the loss of our loved one. It was Sam's desire to be laid to rest in Wright. All of you helped make that possible. Thank you.

The Heart of It All: Were Generations Give, Grow and Gather. Sacred Heart Catholic School Annual Auction Fundraiser. On February 14, Doors open at 5:30 pm. Meal served at 7:00 pm. Live Auction begins at 8:00 pm. Tickets are available at Sacred Heart Catholic School office. \$40.00 per person. For more information regarding the auction, contact the office at 620-227-6532 or shauction@dcschcs.com. Must be 18 or older

We're taking down the Baby Shower this Sunday and will have a Special Gathering for it in the parish center next Sunday, February 15, at Coffee and Rolls. If anyone would like to make a cash contribution, please put it in the collection marked for the Baby Shower.

SENIOR CITIZENS COVERED DISH SUPPER

Covered dish supper Thursday, February 12 at 6 pm, Wright Senior Center, 10891 Main Street, Wright. Please bring a meat, salad, vegetable or dessert. Invite a friend to enjoy the evening.

Save the dates - March 26-28. Saint Andrew Parish will be having family photos taken for a new parish directory that is being planned. More details to follow.

On Formed.org Now... Lent begins February 18



HOW TO
LENT

**Hospitable Community + Prayerful Worship +
Generous in Service + Formed by the Word**

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. ●

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



GOOGLE GEMINI

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



MILJAN ZIVKOVIC / SHUTTERSTOCK

Do you have a question for the Padre?

Go to 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