

**Sixth Sunday of Ordinary Time
February 15, 2026
Mass Intentions**

February 15, Sunday, Sixth Sunday in Ordinary Time

8:00AM+Lavelle Family (Phyllis Lavelle Sheetz)
10:00AM+Marilyn Mitchell Tercero (Anonymous)
5:00PM Pro Popolo/For the People

February 16, Monday, Weekday

12:00PM+Josephine Moloney (Richard & Shirley Books)

February 17, Tuesday, The Seven Holy Founders of the Servite Order

12:00PM+Joan Coppeta (McNelis All Stars & Friends)

February 18, Wednesday, Ash Wednesday

8:00AM+Ed Flanagan, Ann. (Patty & Bear McCloskey)
12:00PM+Sister Rose Tomlinson (Audrey Breslin)
5:30PM+Carol Kepner (Cheryl Kepner)

February 19, Thursday, After Ash Wednesday

12:00PM+Barbara Rossi (Christian Mothers)

February 20, Friday, After Ash Wednesday

12:00PM+Robert W. Douglas (J. Donald & Eileen Douglas)

February 21, Saturday, After Ash Wednesday

12:00PM+Dale Akins (Friends)

Vigil : First Sunday in Lent

5:00PM+Marti Stefanon (Husband)

February 22, Sunday, First Sunday in Lent

8:00AM+Dave Rossbach, Birthday (Family)
10:00AM+Angela "Angie" Auerbeck (Anonymous)
5:00PM Pro Popolo/For the People

Cathedral's Lenten Schedule

Ash Wednesday: Distribution of Ashes during Masses, at 8:00 A.M., Noon, and 5:30 P.M. Ashes will also be distributed during a Celebration of the Word of God at 3:00 P.M.

Stations of the Cross: Friday at 5:30 P.M.

Sunday Evening Prayer: Beginning the Second Sunday of Lent at 4:00 P.M.

Communal Penance Service: Wednesday, March 25, at 6:00 P.M.

OFERTORY COLLECTIONS

Sunday, February 8, 2026 \$ 9,964.00

Thank you for your monetary and personal contributions to the life of our parish.



First Communion Preparation will take place during parent/child sessions on Tuesday, February 24, and Tuesday, March 17. All meetings/sessions will be held in the Cathedral basement from 6:30-8:00 P.M. A parent must accompany your child to the meetings. A copy of your child's baptismal certificate is required. Please contact Chris Laraia (814-312-7317 or claraia@dioceseaj.org.) if you are unable to attend a meeting so that make-up work can be assigned.

First Communion will take place on Sunday, April 26, at the 10:00 A.M. Mass.



Ash Wednesday and Good Friday are days of fast and abstinence. All Fridays of Lent are days of abstinence. Abstinence refers to not eating meat at all on those days. Persons 14 years of age and older are to abstain. Fasting refers to one full meal, with two small meals, no eating between meals. People between the ages of 18 and 59 are obliged to fast. In addition to these obligations, additional forms of fast and abstinence may be observed.

Stewardship Reflections

Today's readings challenge us to reflect on the true state of our hearts as it relates to stewardship. Do we think of stewardship as something we take care of once a year, simply ticking off boxes on a commitment card, or do we choose to embrace it as a spirituality and way of life that allows us to grow in conformity to Christ every day?

The concept of stewardship helps us to live out the fundamental choice to put God first. Stewardship is not meant to be a mere external exercise in which we participate on an occasional basis. It is meant to be embraced as a way of life that involved a continuous conversion of heart.

Our Lord is asking us not only for exterior acts, but for a true change of heart. In stewardship terms, that means seeing everything as a gift from Him, to be used for His glory and the good of others. In the week ahead let us examine the state of our hearts to ask ourselves if we had chosen to allow stewardship to allow stewardship to become a way of life for us. Only then will we experience its true depth and heart changing possibilities. The choice is ours.

March For Life Collection

On behalf of Citizens Concerned for Human Life. The Cathedral of the Blessed Sacrament had collected a total of \$813.00. Thank you for your generosity for this fundraiser. God Bless all of you.



Open House: 2026-2027

Bishop Guilfoyle Academy invites you and your family (kids welcome!) to our OPEN HOUSES at each of our Preschool through Grade 5 campuses: Eldorado, Fairview, and Hollidaysburg.

Space is filling up fast and is limited in some grades at certain campuses. Preschool begins at age 3 or 4.

Visit bishopguilfoyle.org for more information, including our household income chart to help you estimate tuition cost. BG is committed to meeting every family's financial need. Catholic families receive a special scholarship up to Grade 8.

RSVP for Open House (Encouraged, but not required). We also encourage personal tours. Call 814-944-4015.

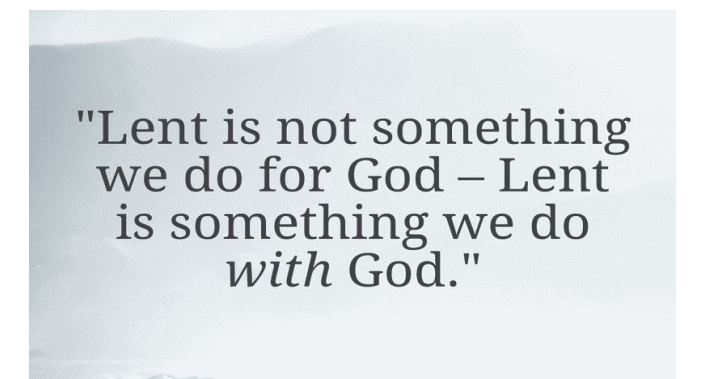


Lenten Prayer Partners

Our parish will again have the opportunity to pray for other members of our parish family during the Lenten Season. More information and sign up sheets will be at all entrances of the Cathedral starting January 31st. If you are interested, please complete and return the form today to the boxes available. You will also be given the name of a sacramental prep (First Holy Communion or Confirmation) student to keep in your prayers during their time of preparation and reflection. Join us as we pray for each other.



Our Parish's Lenten Drive-Thru Fish Fry Luncheon is served starting Ash Wednesday, and Fridays, except Good Friday. The cost is \$12.00 for a fish sandwich, mac and cheese and coleslaw. The meal is available from 10:30 A.M. until 1:00 P.M. Orders of 10 or more will be delivered, if you call ahead 814-944-4603. If you are getting more than 10 dinners, for a pick-up please call





THE SHRINES OF ITALY PILGRIMAGE

Msgr. Stan Carson will be making a pilgrimage to Rome and some of the shrines of Italy from Monday, October 12, to Thursday, October 22, 2026. Brochures are at the entrances of the cathedral. Details can also be found at

<https://gateway.gocollette.com/link1377752>

You may also call Brenda Ajay at 888-462-9299.

GOSPEL MEDITATION - ENCOURAGE DEEPER UNDERSTANDING OF SCRIPTURE: Matthew: 5: 17-37

February 15, 2026, 6th Sunday in Ordinary Time

A few years into my priesthood, I hit a wall. I had taken on too many commitments: Masses, meetings, ministries, projects. I couldn't keep up. I was double-booking, forgetting things, running late, and letting people down. My boss at the time, a wise priest, and our shared secretary, noticed. For my birthday, the two gave me a stack of 100 flashcards, each with one word printed in a different language: "NO." It was funny, but also painfully true. If I couldn't say no, my yes was in danger.

In this Sunday's Gospel, Jesus says, "Let your 'Yes' mean 'Yes,' and your 'No' mean 'No.' Anything more is from the Evil One" (Matthew 5:37). He's not just giving advice about polite speech. He's showing us something about the freedom of Christian discipleship. The follower of Christ is called to speak clearly, simply, and honestly. There is joy in that kind of freedom.

The Church Fathers often linked this kind of straightforward truthfulness with spiritual maturity. The devil is the father of lies, but Jesus is the Word made flesh. When we hedge, flatter, exaggerate, or avoid, we open space for the shadows to creep in. That little stack of flashcards reminded me that God does not want us enslaved to the expectations of others or to the fear of disappointing them. He wants us to enjoy the peace of saying yes and meaning it, and saying no, and meaning it, too. Lenten Challenge: Practice one moment of honest, peaceful speech this week. Maybe it's a sincere "yes" to something important, or a humble "no" to something you cannot do. Let it be a quiet step into the freedom Jesus offers.

— Father John Muir ©LPi



THE GABRIEL PROJECT

The Altoona Gabriel Project is a Catholic Pro-Life ministry dedicated to helping moms and babies with supplies, as well as providing spiritual and emotional support. Our parish has a collection crib at the alley entrance for non-perishable baby items (diapers, wipes, clothing, bibs, towels, blankets, etc.).

The Cathedral is a distribution site on Thursdays from 1:30-2:30 P.M..

If you know of moms who need help, call 814- 440-1021.

Devotions, Explained! Fasting

Mini Explanation —Fasting was practiced by righteous men and women of the Old Testament and later by Christ himself. It remains an important part of the Christian devotional life today, being most strongly associated with the penitential season of Lent.

Fasting, Explained The practice of fasting pre-dates Christianity. The Old Testament is full of examples of righteous men and women mortifying their flesh for the purpose of making atonement or simply to grow closer to God. Jesus himself fasted for forty days and forty nights in preparation for the beginning of his public ministry, and we see his disciples following his example in the Acts of the Apostles.

Fasting continues to be an important part of Christian devotional life today. Many people feel the practice of fasting enhances their prayer and helps them fulfill St. Paul's advice to "put to death the deeds of the body" (Romans 8:13) to grow in the Spirit. Most Catholics will associate fasting with the liturgical season of Lent, which begins and ends with obligatory fasting for all members of the Latin Catholic Church between ages 18 and 59. ©LPi

The Church of Altoona-Johnstown THE CATHEDRAL OF THE BLESSED SACRAMENT

ONE CATHEDRAL SQUARE, Altoona, Pennsylvania 16601-3315

THE SIXTH SUNDAY OF ORDINARY TIME, FEBRUARY 15, 2026

CHRISTIAN INITIATION OF ADULTS:

The process of formation for those seeking God through membership in the Catholic Church. Call 814-944-4603

INFANT BAPTISM:

Arrange in advance for pre-baptismal instructions.

CONFIRMATION:

Ninth, tenth and eleventh and twelfth grade students are invited to participate in the Confirmation Preparation Process.

RECONCILIATION:

Wednesday: 7:00 PM, Saturday: 12:30 PM or by appointment, by texting or calling 814-937-8240

ANOINTING OF THE SICK:

Upon Request and Communal celebration

MARRIAGE:

Arrange nine months in advance. Couples expected to participate in pre-marriage preparation program.

DEVOTIONS:

Eucharistic Adoration - Normally, the First Wednesday 12:30 PM - 6:45 PM

Eucharistic Day - Feast of the Body and Blood of Christ.

PRO-LIFE ROSARY

Sponsored by the Christian Mothers on Thursdays after the noon Mass.

Church Office: 814-944-4603

Msgr. Carson E-mail:

scarson@dioceseaj.org

Secretary E-mail:

pclemens@dioceseaj.org

Fax: 814-942-4337

Mass Times

Sunday:

5:00 PM (Vigil)

8:00 AM

10:00 AM

5:00 PM

Weekday:

12:00 Noon

Saturday:

12:00 Noon

Most Reverend Mark L. Bartchak, J.C.D., Bishop
Reverend Monsignor Stanley Carson, Rector
Paula Clemens, Parish Secretary

DIRECTOR OF RELIGIOUS EDUCATION

Chris Laraia - Pre-K thru 12 - 814-312-7317

Religious Education Office: Sundays - 814-943-7424

E-mail: claraia@dioceseaj.org

DIRECTOR OF MUSIC MINISTRY

Mr. Bob Long 814-944-2044, rlong@dioceseaj.org

CATHOLICS RETURNING HOME - 814-944-4603

GABRIEL PROJECT-814-440-1021

MAIL MINISTRY TO ELDERLY, HOMEBOUND, SERIOUSLY SICK, AND GRIEVING - 814-944-4603

RELIGIOUS EDUCATION PROGRAM:

September through April: Pre-Kindergarten thru 12. Sunday morning 8:30 AM - 9:45 AM Pre-Kindergarten thru 8. Grades 9-12 Sunday evening at 6:15 P.M.

WEB

www.altoonacathedral.org

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Serving the People of God in the City of Altoona Since 1851