

ST. ELIZABETH CHURCH

Established 1912 / Present Church dedicated 1962

Mailing Address: 449 Holyoke Street, S.F. CA 94134 Phone: 415-468-0820

Website: www.stelizabetsf.org Email: stelizabethchurchsf@gmail.com

February 1, 2026 The Fourth Sunday in Ordinary Time



Mission Statement of St. Elizabeth Church

"The joys and hopes, the griefs and anxieties of the people of our time, especially of those who are poor or in any way afflicted, are the joys and hopes, the griefs and anxieties of the followers of Christ as well. Indeed, nothing genuinely human fails to raise an echo in their hearts. For theirs is a community of people united in Christ and guided by the Holy Spirit in their pilgrimage towards the Kingdom of their Father, bearers of a message of salvation for all of humanity. That is why they cherish a conviction of deep solidarity with the human race and its history."

From the Preface of *The Church in the Modern World*---Gaudium Et Spes---of Vatican II)

Rev. Charles Puthota, Ph.D., Pastor

Parish Office

449 Holyoke Street
Office: 415-468-0820 Fax: 415-468-1457

Parish Office Hours

Monday through Thursday
8:30 am to 12:00 pm

Closed Fridays

Parish Staff

Suzanne Brachna	Admin Assistant
Sandra Mehrwein	Secretary
Fred Spence	Maintenance
Laurie Digneo	Faith Formation

Faith Formation

**Classes are held every Sunday
beginning with the 8:30 am Mass
Classes to immediately follow in Cantwell Hall
(Please note new day on Sunday).**

Mass Schedule

Saturday 4:30 pm
Sunday 8:30 am and 10:30 am

Monday through Saturday

Divine Office 8:00 am
Mass 8:30 am
Holy Day 8:30 am & 6:00 pm

Confession Schedule

4:00 pm before the 4:30 pm Saturday Mass
10:00 am before the 10:30 am Sunday Mass

Baptism

Call the Parish Office for information.

Sacrament of Marriage

Call the Parish Office six months before the desired date.

Benediction and Our Lady of Perpetual Help Novena: Wednesdays after the 8:30 Mass.

Legion of Mary Meeting: 3:00 pm Tuesday in the Church.

1000 Hail Mary's: Third Saturday after the 8:30 am Mass until 3:30 pm.

Over 50 Group: Thursdays at 12 pm in Cantwell Hall.



From the Pastor's Desktop

A Message from
Father Charles Puthota
February 1, 2026

Dear Parishioners of St. Elizabeth,

Word of God: 4th Sunday in Ordinary Time, Year A: In today's Gospel, Jesus climbs the mountain and delivers the Beatitudes—the "Opening Statement" of the Kingdom of Heaven. To our modern ears, these words often sound like a gentle poem. However, to those listening on the hillside, they were a radical, upside-down manifesto. Jesus looks at the very people the world ignores—the mourning, the poor in spirit, the persecuted—and calls them "Blessed." The world tells us that happiness is found in strength, wealth, and self-sufficiency. But Jesus presents a "Blessed Paradox." He suggests that our "emptiness" is actually our greatest asset because it creates the space for God to fill. To be poor in spirit isn't about lacking talent; it's about recognizing our total dependence on God. To mourn is to have a heart soft enough to care about the brokenness of the world. To be meek is not weakness; it is "power under control."

As St. Paul reminds us in the second reading, God chose the "foolish" and "weak" of the world to shame the wise. We don't have to be perfect, wealthy, or powerful to be holy. We simply have to be available. The Beatitudes are not a "to-do" list to earn heaven; they are a map of the heart of Jesus. When we strive for peace or hunger for justice, we aren't just following a rule—we are becoming more like Jesus. As we continue our pilgrimage of life, let's look for the "lowly" places in our lives. Let's not fear our weaknesses, for it is precisely in those gaps that God's grace enters in.

Monday, February 2, Feast of the Presentation of the Lord: On the Feast of the Presentation of the Lord, we celebrate Mary and Joseph bringing the infant Jesus to the Temple in Jerusalem, forty days after His birth, in obedience to the Law. There, they encounter Simeon, who had been promised that he would not die until he saw the Messiah, and Anna, the prophetess, who recognized Jesus as the Redeemer. This feast, also called Candlemas, reminds us that Christ is the true light of the world, a light that shines in our darkness. Mary and Joseph's faithful offering of their child teaches us the value of surrendering our lives to God's will. Simeon's prayer of praise, "*Now, Lord, you let your servant go in peace,*" invites us to recognize God's presence in our daily lives. Today, as candles are blessed and carried in procession, we are called to carry Christ's light into our homes, workplaces, and hearts, living with faith, hope, and love.

Tuesday, February 3, Feast of St. Blaise, Blessing of Throats: On the Feast of St. Blaise, we honor the fourth-century bishop and martyr, remembered for his care of the sick and miraculous healing of a boy choking on a fishbone. Today, the Church continues his witness through the Blessing of Throats, asking God's protection against illness

and harm. As we receive this blessing, let it remind us of God's healing power, the importance of prayer, and our call to care for one another in body, mind, and spirit.

Thursday, February 5, Feast of St. Agatha, Virgin and Martyr: On the Feast of St. Agatha, we honor a courageous third-century virgin and martyr from Catania, Sicily, who suffered for her faith during the persecutions of Emperor Decius. Refusing to renounce Christ, she endured torture with unwavering courage. St. Agatha's witness reminds us that holiness often calls for sacrifice and steadfastness in the face of suffering. As we pray today, may her example strengthen our faith and inspire us to remain faithful to Christ, whatever the cost.

Friday, February 6, Feast of St. Paul Miki and Companion Martyrs: On the Feast of St. Paul Miki and Companions, we remember the 26 martyrs of Japan, crucified in Nagasaki in 1597 for refusing to renounce Christ. Paul Miki, a Jesuit seminarian, and his fellow missionaries and lay Christians showed extraordinary courage, forgiving their executioners even as they faced death. Their witness reminds us that faith often calls for radical fidelity and love in the face of persecution. Today, we honor their courage, praying for the grace to remain steadfast in our own faith, to forgive as Christ forgives, and to bear witness to Him in all circumstances.

Museums of de Young and Legion of Honor: In the last couple of weeks, I have visited these two museums. Looking at the various artistic creations can help stimulate our sense of beauty and bring us joy and put us ultimately in touch with the author of all beauty. In de Young, "Boom and Bust: Photographing Northern California," Leilah Bairye's sculptures, American Art from the 17th century, Jolika Collection of New Guinea art, Textiles collection, and the 360-degree from the Hamon Observation Tower are worth visiting. In Legion of Honor, the Rodin sculptures, the classical paintings most of which are religious art, currently the exquisite "Manet and Morisot" (impressionist) exhibition are all a feast to the eye and the soul. I encourage you to visit such places of art and culture because "a thing of beauty is a joy forever."

Quotes on Life: "Life is 10% what happens to you and 90% how you react to it."—Charles R. Swindoll. "Life is like riding a bicycle. To keep your balance, you must keep moving."—Albert Einstein. "The purpose of life is a life of purpose."—Robert Byrne.

Humor: The 23rd Psalm: A Sunday school teacher asked her class to memorize the 23rd Psalm. One little girl was nervous about her turn to recite it in front of the congregation. When she got to the microphone, she panicked and forgot the words. She took a deep breath and blurted out, "The Lord is my shepherd... and that's all I need to know!" The congregation gave her a standing ovation because, in a way, she was absolutely right.

Your Friend and Pastor,

Father Charles Puthota

Fourth Sunday in Ordinary Time

February 1, 2026

"Blessed are the poor in spirit,
for theirs is the kingdom of heaven."

— *Matthew 5:3*



THE CHOSEN REMNANT

Zephaniah is one of the least-known of the Old Testament prophets. He speaks in today's first reading of impending judgment. But the Lord will leave a "remnant" in Israel. This image of a remnant, or remainder, was to become vital to both Judaism and Christianity.

Paul's letter to Corinth makes obvious his deep concern for the Christians there. They are too self-confident, he says, too sure of themselves. He admonishes them to remember that Christ has given them all they have.

Today's Gospel comprises the opening of Jesus' "Great Sermon." As God gave Moses the law on Sinai, so now Jesus gathers his disciples on a hillside to teach them the new law. Each of these Beatitudes contrasts the humiliation of the present with the glory of the future: poverty vs. the riches of God's kingdom, hunger for holiness vs. fulfillment in the Spirit, persecution vs. the reign of God. Jesus is here speaking to God's chosen "remnant."

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TODAY'S READINGS

First Reading — You humble of the land, seek justice and humility, and the Lord will be your protection (Zephaniah 2:3; 3:12-13).

Psalm — Blessed are the poor in spirit; the kingdom of heaven is theirs! (Psalm 146).

Second Reading — God chose the weak of the world, those who count for nothing, so that whoever boasts should boast in the Lord (1 Corinthians 1:26-31).

Gospel — Jesus taught from the mountain: Blessed are the poor in spirit (Matthew 5:1-12a).

The English translation of the Psalm Responses from *Lectionary for Mass* © 1969, 1981, 1997, International Commission on English in the Liturgy Corporation. All rights reserved.

Sunday Collection January 24 – 25, 2026

Weekly Need:	\$ 5,000.00
First Collection	\$ 1,895.00
Parish Ministries	\$ 722.00
Over/Under	\$ 2,383.00

Santa Nino	\$ 1,222.00
Donation	\$ 140.00

Mass Intentions

† Denotes deceased – (L) Living

Monday

8:30 am

Tuesday

8:30 am

Wednesday

8:30 am

Thursday

8:30 am

Friday

8:30 am

Saturday

8:30 am

4:30 pm

Sunday

8:30 am

10:30 am

February 2

Julio Gomez (L)

Pura Lippi (L)

February 3

† Antonietta and † John Perata

February 4

Vanessa Devera (L)

February 5

† Lydia and † Antonio Vinluan

February 6

† Bob Holt
Rebecca Bondoc-Banaag (L)

February 7

† Calixta Pilare
Robert Banaag (L)

February 8

People of the Parish
† Timoteo D. Nacor Sr.
and † Santiago Gayaban

ON THE HORIZON AT ST. ELIZABETH

• Parish Office will be closed:

Monday, February 16, 2026 President's Day
Monday, April 6, 2026

• Archdiocesan Annual Appeal 2026

Launches on March 1st

• Ash Wednesday

February 18, 2026

• Parish Lenten Retreat

Saturday, February 28, 2026

• Easter

Sunday, April 5, 2026

SAINTS AND SPECIAL OBSERVANCES

Sunday, 2/1

4th Sunday in Ordinary Time

Monday, 2/2

Feast of the Presentation of the Lord

Tuesday, 2/3

St. Blaise

Thursday, 2/5

St. Agatha

Friday, 2/6

St. Paul Miki and Companions

Father Charles at the Basilica of Santo Niño at Cebu, Philippines



St. Elizabeth Church Lenten Retreat

Saturday, February 28, 2026 9am-1pm

“The Second Vatican Council:
Some Reflections”

Registration Forms in the Church lobby or Rectory
Deadline to RSVP – February 18, 2026



Northern Ireland Pilgrimage 2026

Spiritual Director: **Fr. Charles Puthota, Ph.D.**

August 21 – September 1, 2026 – 12 Days

St. Patrick succeeded in bringing Catholicism to Ireland, and in time, the whole country converted from their pagan gods to the one true God. Although a small country, Ireland has played a large role in saving and bringing Christianity throughout the world. During the early Dark Ages, the Irish monasteries preserved Western writings while Europe remained in darkness. But as the Catholic country remained solidly Catholic, the Irish spread the faith to all corners of the world.

Locations: Dublin – Boyne Valley – Monasterboice –
Armagh – Downpatrick – Belfast – Giants Causeway –
Derry – Sligo – Knock – Westport – Ballinubber Abbey
– Connemara – Galway – Aran Islands – Cliffs of Moher
For more information:

<https://www.206tours.com/cms/frputhota/ireland/>