

BLESSED SACRAMENT CHURCH

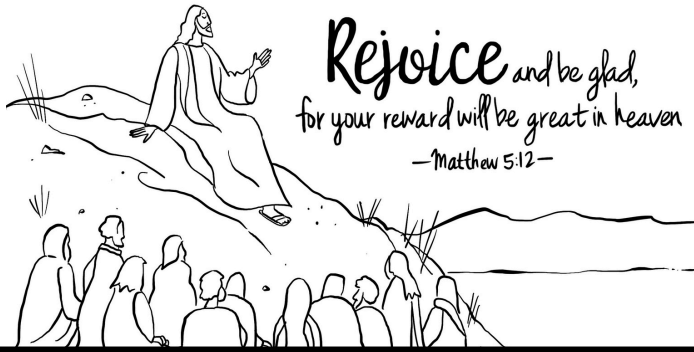
607 Central Ave., Albany, NY 12206



February 1st

2026

4th Sunday in
Ordinary Time



BLESSING OF THROATS

*Blessing of throats will be Tuesday, February 3rd
after the noon mass!*

Blessing of the Throat

On February 3, the Feast Day of St. Blaise, the Church recalls a miracle cure associated with him and celebrates the blessing of the throats with candles.

St. Blaise said that anyone who lit a candle in his memory would be free of infection, thus candles are used in the traditional throat blessing. The candles are crossed against the throat, and the following prayer is said: "Through the intercession of Saint Blaise, bishop and martyr, may God deliver you from ailments of the throat and from every other evil. In the name of the Father, and of the Son, and of the Holy Spirit. Amen."

About St. Blaise

St. Blaise is a bishop and martyr who lived in the fourth century in Turkey and Armenia. For a time, Blaise lived in a cave to escape persecution. On his feast the church recalls a miracle cure associated with him and celebrates the blessing of the throats. Blaise apparently saved the life of a boy who was choking on a fish bone. The saint said that anyone who lit a candle in his memory would be free of infection, thus candles are used in the traditional throat blessing. He is listed among the Fourteen Holy Helpers, saints revered as healers. He is the patron saint of throat illnesses, animals, wool combers, and wool trading.

Crossed Candles

Crossed candles are an important part of Saint Blaise Day, they commemorate the mother of the boy who choked on the fishbone. She presented Saint Blaise with crossed candles to light his way to jail when the ruler of Sebastea ordered his arrest. The origin of the blessing of throats uses crossed candles as a symbol.

MASS SCHEDULE

DAILY MASS

Monday | 7 am
Tuesday & Thursday | 12 pm
Wednesday | 8:15 am (With School)

SATURDAY VIGIL

4 pm

SUNDAY

9 am & 6 pm Urdu

SACRAMENT OF RECONCILIATION

Tuesday & Thursday | 12:30 pm
Saturday | 3 pm

ADORATION

Tuesday & Thursday | 12:30 pm

1st SATURDAY OF EACH MONTH

Adoration & Reconciliation | 7:30 am
Mass | 9 am

CONTACT US

Office Phone: (518) 482-3375

Office E-mail: blessedsacramentalb@gmail.com

Office Hours: Monday through Friday, 9am-4pm

For submitting bulletin items:

bulletin.blessedsacrament@gmail.com

*In case of an emergency requiring the ministry of a priest,
outside parish office hours (and especially in danger of
death),*

please contact the priests at (518)482-3375.

If no one answers, please leave a message.

End-of-year tax statements are available upon request. The request may be made by calling the office (518)482-3375 or sending an email to blessedsacramentalb@gmail.com

MASS INTENTIONS

Saturday (1/31/26)

- ♥ Michael Anthony Sparks
- † Michael Anthony Curriere III
- † Catheriine & Joseph Burns

Sunday (2/1/26)

- ♥ Tammy & James Forster
- † Michael Matusic
- † Hilah Grenci

Monday (2/2/26)

- ♥ Michael Anthony Sparks
- † Nora Lou Prall

Tuesday (2/3/26)

- ♥ Bill C
- † David Tenney

Wednesday (2/4/26)

Thursday (2/5/26)

- ♥ David Seaman
- ♥ Peter Gregory
- † Michael Delima
- † Albert Lubbe
- † Lawrence & Anne Gallo

Friday (2/6/26)

NO MASS

Saturday (2/7/26)

- † Rose Guiry
- † Sr. Mary Coons
- † Bernadine Fioravanti
- † Janet Gampbell

Sunday (2/8/26)

- † Roger Knuth - 30th Anniversary
- † Darlene Skadra
- † Sam Grimaldi

*Please note: Mass intentions with a
† indicate the person is deceased;
♥ indicates that the person is alive.
If you are having a Mass offered and
would like to bring up the gifts, please
see an usher before the liturgy begins.*

BAPTISMS

WEDDINGS

FUNERALS

Jane M. Gordon

BLESSED SACRAMENT PARISH STAFF

Rev. Daniel Quinn, Pastor

blessedsacramentalb@gmail.com

Rev. Stephen Yusko, Parochial Vicar

stephen.yusko@rcda.org

Rev. Francis O'Connor, Shrine Chaplain

Rev. Dr. Gerald Ladouceur, Deacon
gladouceur@blessedsacramentschool.net

Ed Savoy, Music Director

blessedsacramentalbanymusic@gmail.com

Barbara Collen, Administrative Director

Marcy Hill, Administrative Assistant

blessedsacramentalb@gmail.com

Carter Gooley, Communications Coordinator
cc-blessedsacrament@rcda.org

FAITH FORMATION & YOUTH MINISTRY

Lisanne V. Jensen, Pastoral Associate

Shannon Crisafulli, Coordinator

E-mail: faithformationbsc@gmail.com

WORKS OF MERCY

Sr. Patricia Lynch, Food Pantry Coordinator

**Jean Huber, Heidi Stack, Michelle Syrotynski,
and MaryEllen Walsh, The Boutique**

Sr. Maureen Joyce Outreach Center

369 Livingston Ave., Albany, NY 12206
(518) 462-9885

THE BOUTIQUE

*“The Boutique” is Blessed Sacrament Church’s thrift store! **Shopping hours** are 9 a.m. to noon on Saturdays. **Donation** drop offs are Tuesday & Friday, 9 a.m. to noon.

* For more information call the office or email:
blessedsacramentalb@gmail.com

*Due to space constraints, please hold summer clothing items until spring and Christmas items until Fall.

FOOD PANTRY

*Our food pantry is open on **Mondays and Thursdays**, 10 to 11:30 a.m.

*Items currently needed at our food pantry are as noted previously: **Coffee, tea, toilet paper, personal & feminine hygiene products, and household cleaning products.**

BLANKET MINISTRY

*Blessed Sacrament has a “**Blanket Ministry**” where members of the parish make blankets for children being baptized here. The blankets must be white only, no other colors, and at least 30”x30”. Thank you for your generous response to our urgent request. We will always have a need for the blankets and will accept them at any time.

The printing of our parish bulletin is generously provided by:

MCVEIGH
FUNERAL HOME, INC.

208 N. Allen St., Albany, NY, 12206; (518) 489-0188
Visit their website: www.mcveighfuneralhome.com

FAITH FORMATION & YOUTH MINISTRY

Faith Formation continues to meet monthly with sessions for all ages, as well as parents, and preparations for First Reconciliation, First Eucharist and Confirmation.

Please pray for Eleanor, Valentina, Anaya, Barritt, Emilio, Madelyn, Vera, Jaemario and Landen, as they prepare to receive the gift of Reconciliation for the first time on February 7.

Our next large group session will be Sunday, February 8. Large group sessions begin with 9am mass, then gathering and breakfast in the gym, then smaller breakout sessions until 11:30am, including a session for parents. *Please watch your email for additional sacramental preparation sessions.*

New registrants are always welcome. To register, please visit the website www.bsc-ffym.org/register and complete the online form. Or, if you prefer, call or e-mail our office: (518) 438-5854; faithformationbsc@gmail.com. We would love to have your family join us!



FROM OUR URDU COMMUNITY

Every Sunday evening at 6 p.m. at Blessed Sacrament, we offer Mass in Urdu. All are welcome to join us!



SHRINE CHURCH OF OUR LADY OF THE AMERICAS

A MISSION OF BLESSED SACRAMENT PARISH

Rev. Francis O'Connor, Chaplain
Rev. Mr. Miguel Fabian, Deacon
Confesora Franco, Pastoral Associate/Faith Formation
Debbie Klose, Organist

273 Central Ave., Albany, NY, 12206; (518) 465-3685
www.ourladyoftheamericas.org
OLAmericaShrine@gmail.com

Mass Schedule: Sundays, 9a.m. (English) and 11 a.m. (Spanish); Mass and Adoration on Fridays at 6:30 p.m.

*Mission statement: "We are a vibrant, welcoming, multicultural Catholic community in the heart of the City of Albany celebrating and ministering the presence of Jesus with our parishioners and neighbors."



Catholic Schools
United in Faith and Community

Mr. Michael T. O'Kane, Principal
Mrs. Andrea Roberts, Administrative Assistant
School office phone: (518) 438-5854
School e-mail: info@blessedsacramentschool.net
School website: www.blessedsacramentschool.net
Social media: www.facebook.com/BlessedSacramentSchoolAlbany
School Address: 605 Central Ave,
Albany, NY 12206

-Catholic Schools Week ends this weekend. Our theme this year was "United in Faith and Community." Thank you so much for your continued prayers and constant support of our school! We are grateful for our parish community!

-Because of the snowstorm we had to postpone our Catholic Schools week mass and open house. The open house is from 10 to 12 after the 9 am mass on Sunday the 1st!

-This Wednesday at our 8:15 a.m. School Mass, we had the privilege to have our Bishop of Albany, Mark O'Connell, celebrate Mass for our Students!



SCHOOL BUCKS



Hanging out at the mall? Maybe you're enjoying a sweet treat, or celebrating a big event with a delicious meal. Make sure to turn in your Colonie Center shopping receipts to help our school!

3x Points

-Upstate thrift & Apparel, Lids, Box Lunch, and Smoking Pig

4x Points

-Sepora, H&M, Ulta Beauty, and Grill & Wraps

Warrior Women Conference
Unraveled: Seeing Your Growth Through God's Tapestry
Letting the Master Weaver Shape Your Story
 Saturday, February 7, 2026
 New Life Fellowship | Saratoga Springs, NY
 Doors open at 9:00 AM | Conference begins at 9:30 AM

This one-day conference is designed to help women:

- Grow from spiritual infancy into maturity
- Discern what strengthens their faith versus what hinders it
- Release emotional, relational, and spiritual baggage
- Step more fully into God's purpose with clarity and peace

\$30 Admission:

Includes meals, materials and a limited edition T-Shirt

Link to register: <https://pci.jotform.com/form/260014687571054>

STAY CONNECTED

"Like" us on Facebook:

(Sunday Masses are live streamed here)

[https://www.facebook.com/](https://www.facebook.com/BlessedSacramentCatholicChurch)

[BlessedSacramentCatholicChurch](https://www.facebook.com/BlessedSacramentCatholicChurch)

Subscribe to our YouTube:

<https://www.youtube.com/@BSCAlbany>

Follow our Instagram:

[https://www.instagram.com/](https://www.instagram.com/blessed_sacrament_parish_ny/)

[blessed_sacrament_parish_ny/](https://www.instagram.com/blessed_sacrament_parish_ny/)

Parish Website

<https://blessedsacramentalbany.org/>

THIS WEEKEND'S MASS READINGS (1/31-2/1)

FIRST READING: Zephaniah 2:3; 3:12-13

RESPONSORIAL PSALM: 146

SECOND READING: 1 Corinthians 1:26-31

GOSPEL: Matthew 5:1-12a

NEXT WEEKEND'S MASS READINGS (2/7-2/8)

FIRST READING: Isaiah 58:7-10

RESPONSORIAL PSALM: 112

SECOND READING: 1 Corinthians 2:1-5

GOSPEL: Matthew 5:13-16

OFFERTORY: SHARING OUR TREASURE

Regular: \$5,932

Fuel: \$1,744



Blessed Sacrament needs at least \$9,000 each week in our collections to break even — not counting unexpected maintenance costs that might arise.

To donate online, scan the QR code above or visit
secure.myvanco.com/YHAN/home.



You Are Invited to Spend 5 Minutes with Jesus Truly Present in Eucharistic Adoration

Christ the King Church

Every Tuesday 9:45 a.m. - 8:00 p.m.

(Exposed Adoration-Jesus Present in The Monstrance)

Eucharistic Adoration is a sacred opportunity to rest in the Real Presence of Jesus which is Love Himself. Whether you have five minutes or an entire hour, whether you come bursting with joy or weighed down with anxieties, fears, or burdens—Jesus welcomes you.

Experience a visit with Jesus in Adoration, even if it's just for 5 minutes. Bring your family, a friend, in between school, practice, on the way to a game, or grocery shopping, stop in!

The Real Presence of Jesus in the Eucharist is meant to help you draw close to Him, speak from the heart, and receive the peace only He can give. So don't be afraid to try something new.

+ So First Ask God for the grace to sit there with Him, in silence, peacefully.

+ Bring your Bible, book of Saints, a Rosary, a journal or just sit in stillness. Offer up a prayer of Thanksgiving for our blessings and begin to offer what's on your heart. He is there. He is listening. And He is enough.

In an apparition to St. Margaret Mary Alacoque, Jesus spoke these beautiful words: "I have a burning thirst to be honored by all in the Blessed Sacrament."

"Let Jesus in the Blessed Sacrament speak to your hearts. It is He who is the true answer of the life that you seek." - Pope St. John Paul II

CTK Family Life Ministry

We Invite You To Pray The Family Rosary



We invite you to Pray the Family Rosary

There is grace in one prayer, one decade, or one Rosary.

Date: EVERYDAY FOR ONE YEAR

Place: "The Domestic Church" - Your Home

Our Lady of Fatima on May 13, 1917 requested us to "Pray the Rosary every day in order to obtain peace for the world."

+ Enjoy 20 extra minutes of family time and by God's grace peaceful homes

+ Share each other's gratitude and concerns through prayer intentions

+ Explore the faith through the Rosary's Mysteries (the Gospels, the life of Christ - the King of Peace)

+ Find strength through Mary's intercession and God's Grace to withstand life's constant trials by promoting peace within our families and world

"The Family That Prays Together Stays Together" - Venerable Fr. Peyton the Rosary Priest FamilyRosary.org

Our Lady Queen of Peace Pray For Us and All Our Families