ST. JOSEPH'S CATHOLIC CHURCH

360 Park Ave., Cayucos, CA, 93430 | Office: 10 a.m. to 2 p.m. Mon.-Fri.

Mass Times | Sundays at 10 a.m. | Saturdays at 5 p.m. | Weekdays at 9 a.m.
Spanish Mass at 6:30 p.m. on Thursdays | Rosary at 8:30 a.m. on weekdays
Adoration on Fridays after 9 a.m. Mass | Reconciliation on First Saturdays at 4 p.m.

Father Martel Ramos, Parish Administrator: Pastor@SaintJosephCayucos.org
OfficeAdmin@SaintJosephCayucos.org **805-995-3243** **www.saintjosephcayucos.org**

February 1, 2026

Fourth Sunday in Ordinary Time

MASS INTENTIONS

Sun.	**1**	Jessica Garcia
Mon.	**2**	Mike Willhoit
Tue.	**3**	+James Michael Pahler
Wed.	**4**	St. Joseph's Parishioners
Thu.	**5**	+Manuel Goulart
Thu. Sp.	**5**	Giovanni Mora
Fri.	**6**	+Mary K. Stegner
Sat.	**7**	+Sister Moira Lyons
Sun.	**8**	+James Michael Pahler

MASS READINGS

February 1, 2026

Zephaniah 2: 3; 3: 12-13
Psalm 146: 6-7, 8-9, 9-10
(Matthew 5: 3)
1 Corinthians 1: 26-31
Matthew 5: 1-12a

Reconciliation: The next scheduled Confession is at **4 p.m. on Feb. 7.**

Message from a Priest

Dear Parishioners of Saint Joseph's,

This Sunday, the Church places before us the beginning of the Beatitudes. Jesus looks out at the crowd and speaks words that do not ignore suffering or struggle. Instead, He names them honestly and blesses them. He speaks to the poor in spirit, to those who mourn, to the gentle, and to those who hunger for what is right. In other words, He speaks to real people living real lives.

I want to speak directly this week to our families carrying heavy concerns, to our elder parishioners, to those who are sick, and to those who feel alone.

To families experiencing tension, fatigue, or uncertainty: the Beatitudes remind us that God is not distant from your daily challenges. The sacrifices you make, the patience you struggle to maintain, and the love you continue to offer even when it feels unnoticed are not invisible to the Lord. Jesus does not say that blessedness belongs only to those whose lives are settled and secure. He speaks blessings precisely where life feels fragile.

To our elderly parishioners: your lives are not on the margins of the Church. Your prayers, faithfulness, and witness over many years remain a living gift to this parish. When Jesus says, "Blessed are the meek," He is not praising weakness. He is honoring a strength that is learned over time by trusting God, often through loss, limitation, and change.

To those who are sick or living with a chronic illness: the Beatitudes are not empty words. Christ Himself knows what it means to suffer in the body. He draws near to you in your vulnerability, not as a distant observer but as one who walks with you. Your presence among us, even when quiet or unseen, continues to unite the Church to the Cross and to hope beyond it.

And to anyone who feels lonely or forgotten, know that you are not forgotten by God and that you are not meant to walk alone. The Church is called to be a home, not a crowd. If you are struggling, please know that reaching out is not a burden — it is an act of trust. We need one another.

I also want to express my gratitude to those among you who quietly give of themselves to the life of our parish through financial support, time, service, and countless acts of generosity that often go unseen. In the Beatitudes, Jesus blesses those who give without seeking recognition and those who serve with humble hearts. Your faithfulness sustains this parish and allows us to care for one another, especially the vulnerable, the elderly, and the sick. Please know that your generosity is noticed, valued, and held in prayer.

The Beatitudes are not promises of an easy life. They promise God's closeness. They remind us that Christ meets us not after everything is fixed, but right where we are. As we gather this Sunday, may we listen to these words not as ideals beyond our reach, but as a gentle assurance that God is already at work in our lives — especially in our struggles.

With prayer and gratitude for each of you,

Fr. Martel

Pray for Father Pedro

Please keep praying for Father Pedro. Send get-well cards to 360 Park Ave., Cayucos, CA, 93430, to be given to him.

Upcoming Masses

Bring candles to be blessed for the Feast of the Presentation of the Lord, or Candlemas, on **Monday, Feb. 2.**

A **Blessing of Throats** will be held after Mass for the Memorial of St. Blaise on **Tuesday, Feb. 3.**

Free Baby Supplies 2/5

Free baby food and diapers will be distributed after 6:30 p.m. Spanish Mass on **Thursday, Feb. 5,** as part of the free food pantry. Please tell anyone in need who could benefit from this service.

Lent/Easter Events

- **Feb. 17:** Burning of Palms after Mass. Please bring old palms to burn for ashes.
- **Feb. 18:** Ash Wednesday. **Please note:** Unlike in previous years, ashes will be distributed **only** at 9 a.m. Mass and at a 6 p.m. devotional service. There will be **no** additional times for ashes distribution.
- **Feb. 20 and Fridays of Lent:** Stations of the Cross at 4:30 p.m., then Soup Supper.
- **March 29:** Palm Sunday. Mass at 10 a.m.
- **April 2:** Holy Thursday. Mass of the Lord's Supper at 6 p.m. Silent prayer until 9 p.m.
- **April 3:** Good Friday. Divine Mercy Devotion, Rosary, Stations of the Cross, and Celebration of the Lord's Passion. Programming begins at 1 p.m.
- **April 4:** Holy Saturday. Vigil Mass at 8 p.m. **Please note:** The regularly scheduled First Saturday Confessions will not be heard.
- **April 5:** Easter Sunday. Mass at 10 a.m.

PLEASE PRAY FOR THE SICK AND INJURED

Robin Matthews
Narisorn Bognuda
Joanne Tobias
Anne & Glen Bennett
Eleanor Murphy
Vera Palmer
Frank Hlavaty
Bonnie Bowman
Donna Pett
Paul Georghiou
Mallory Hisler
Darlene Kelly
Terry Mulhall
Bill Planansky
Stan Piwowarski
Shanda Bogue
Enid Palk
Joe & Maria Pascoal
Gary & Bonnie Nelson
David Boggs
George Bellinno
Linda Pearson
Rita Marie Ayoob
Alba and Allen Beltrametti
Innette Starkenburg
L. Iacobellis Schantz
Ernie Gambellin
Cassey Schoening
Butch Rambaud
Elvira Camacho
Linton von Beroldingen
John and Mickey Bruno
Tom and Finn Israel
Father Pedro Espinoza
Joanne Gregg
Bill Wetherford
Bill Thomas
Saichai Smith
Jerri Fife
Judy Preuss
Justin White
Plato Sterios
Olivia Chance
Gary Chance
Heidi MacRae
Gertrude Cannon
Marilyn McCurdy
Eric Solum
Keith Hart
Glen Hodges
John Fabiano