



# St. Clare Parish

**Feb. 1, 2026**

A Catholic Community guided by the Holy Spirit  
to proclaim Christ's love in worship, service and life-long learning

## Church

8535 SW 19th Ave Portland, OR 97219 503.244.1037

Office Hours: Monday - Thursday, 9am - 12:30pm & 2 - 4pm  
office@saintclarechurch.org www.saintclarechurch.org

Follow us on Facebook at St. Clare Catholic Church

Pastor	Fr. Don Gutmann	x101
Deacon	Dcn. Bill McNamara	x108
Pastoral Associate	Kim Zea	x104
Business Manager	Santo Graziano	x102
Children's Faith Formation	Debbie Henkelman	x103
Administrative Assistant	Laurie Zupsic	x100

## School

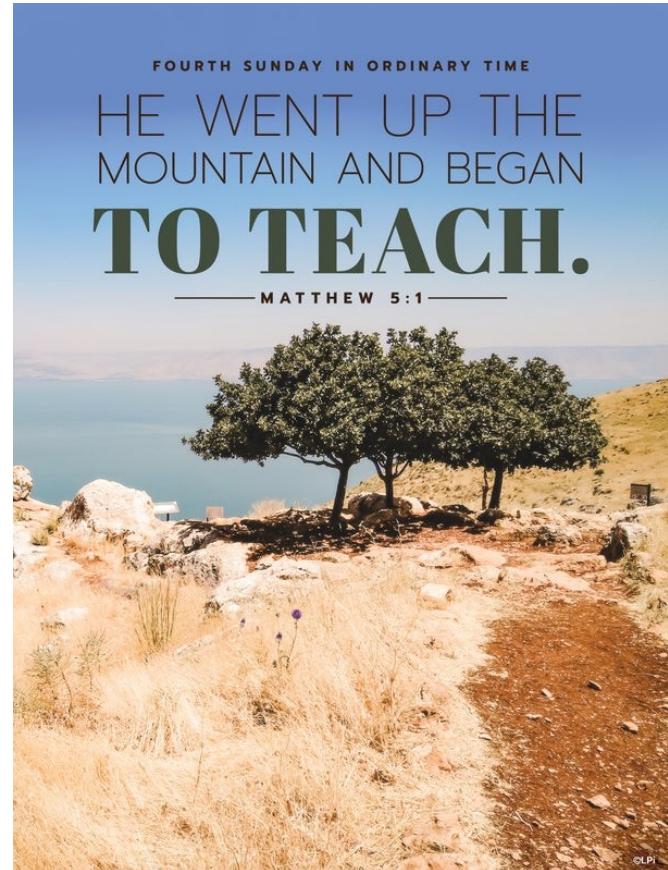
1807 SW Freeman St Portland, OR 97219 503.244.7600  
info@stclarepdx.org www.stclarepdx.org

Principal Chris Harris  
Office Manager Donna Parker MacNeur

## Preschool

1812 SW Spring Garden St Portland, OR 97219 503.244.5458  
nancy@stclarepreschool.org

Director Nancy Melzer  
Administrative Assistant Jeanne Raffety



**Sacraments** - Please visit [www.saintclarechurch.org](http://www.saintclarechurch.org) for more information on sacramental preparation.

### Weekend & Daily Mass Schedule

Saturday - 5pm  
Sunday - 8:30am & 10:45am  
Weekdays except Tuesdays - 8:30am  
Holy Days - 8:30am, 12pm & 7pm  
Visit [www.saintclarechurch.org](http://www.saintclarechurch.org) to view our livestream weekend Masses.

**Reconciliation:** Saturdays from 4pm - 4:30pm in the church or by appointment.

Contact Fr. Don Gutmann.

**Matrimony:** Six month preparation required. Contact Deacon Bill McNamara.

**Baptism for Infants:** Contact Deacon Bill McNamara.

**Faith Formation & Sacramental Preparation for Adults & Teens:**

Contact Kim Zea; **for Teens & Children:** Contact Debbie Henkelman.

### A Warm Welcome To All Who Worship with Us

Whether you are a current parishioner and need to update your information or newly arrived in the parish and not yet registered, please complete the form below and place in the offertory basket or mail to the parish office.

Name: \_\_\_\_\_ Phone: ( ) \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ Zip: \_\_\_\_\_

New Parishioner  
 New Phone Number

Returning Catholic  
 New Address

Moving (please remove from parish directory)  
 Please send Sunday Offertory envelopes



## Weekly Inspiration

### 4th Sunday in Ordinary Time

Feb. 1, 2026

Blessed are the poor, the meek, the persecuted. These are radical words in a world that insists the opposite: blessed are the wealthy. Blessed are the forceful. Blessed are the comfortable. Do we have what it takes to be radical? ©LPI



## Week-at-a-Glance

### **Saturday, Jan. 31**

9:00am	Brothers in Spirit Meeting	Parish Office
4:00pm	Confession (until 4:30pm)	Church
5:00pm	Vigil Mass <i>Mary Daniels</i>	Church
6:00pm	Healing Service	Church

### **Sunday, Feb. 1**

8:30am	Mass <i>Maureen Vala</i>	Church
10:45am	Mass <i>For the People</i>	Church

### **Monday, Feb. 2**

8:30am	Daily Mass <i>+John Tujo</i>	Church
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### **Wednesday, Feb. 4**

8:30am	Daily Mass <i>Charles Bailey</i>	Church
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### **Thursday, Feb. 5**

8:30am	Daily Mass <i>+Sister Anne McCormick</i>	Church
5:30pm	Dinner Talk #3	Parish Hall

### **Friday, Feb. 6**

8:30am	Daily Mass <i>+Rose Marie Lafferty</i>	Church
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### **Saturday, Feb. 7 Italian Dinner**

9:00am	K-5 Children's Choir Rehearsal	Church
2:00pm	Eucharistic Adoration	Church
4:00pm	Confession (until 4:30pm)	Church
5:00pm	Vigil Mass <i>Bill &amp; Alice McNamara</i>	Church

### **Sunday, Feb. 8**

8:30am	Family Mass <i>For the People</i>	Church
10:45am	Mass <i>+Stephen Loomis</i>	Church

## **Fr. Don's Musings . . .**

Next week on Saturday, Feb. 7, we'll have the Funeral Mass for Martin Lees. He (and Betty) have been St. Clare parishioners for 60 years! Martin was a pediatric cardiologist and Betty was a nurse. Martin was still a fully licensed doctor when he died on Jan. 3 at 96 1/2 years old! His mind was brilliantly sharp. He was a leader in his field and was very dedicated to the welfare of his patients. In spite of being such a successful doctor, he was a very humble and simple man and not at all materialistic. He loved his family. Martin and Betty are loved by many people. Martin will be greatly missed. His Funeral Mass will be here at 11am.

We are finishing Catholic Schools Week. In our diocese, we have 51 Catholic schools enrolling approximately 15,000 students. We have 41 elementary schools and 10 high schools. Our Catholic schools strive to provide a faith-filled environment as well as excellent academics. Our St. Clare School was established in 1913 and has been going strong ever since. We currently have 232 students in our K-8 school and 80 children in the St. Clare Daycare/Preschool. As I've said before, I'm very proud of our school/preschool. We have great administration, staff and families here. We are blessed to have such a good school and preschool here at St. Clare.

Let's keep praying for one another. ~ *Fr. Don*

## **Questions of the Week**

*Reflect and Respond to Scripture*

### **1st Reading Question ~**

Zephaniah speaks of a "remnant" of Israel who will live humbly and seek justice. Are there people in your life who live this way?

### **2nd Reading Question ~**

Paul describes members of the Corinthian church as foolish, weak and despised. How would you characterize your faith community?

### **Gospel Question ~**

Jesus begins his "Sermon on the Mount" with the many ways that people are blessed. What do you consider your biggest blessing?

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## ***“This and That “from Deacon Bill . . . The Beatitudes***

In Matthew’s gospel, heard over the past two weeks, Jesus started his public ministry and called his disciples to follow him. Well, my sisters and brothers, we are those disciples now. So, this week when Jesus teaches his followers what it means to be a disciple, it makes sense that we should also pay attention.

Jesus begins with the Sermon on the Mount. It most likely incorporates the teachings of his entire ministry but is presented by Matthew as one sermon at one specific time and one specific location. His account of Jesus’ teaching starts with the Beatitudes and will continue to provide us with many more challenges.

Let’s take a look at the Beatitudes from the end results, the promises that are made by Jesus – comfort - satisfaction - mercy - become a child of God. These promises are attainable here and now in this life. If they are achieved, then we can look forward to these goals: inherit the land - reach the kingdom of heaven - see God. These end results will be waiting for us when we reach our eternal reward. The Beatitudes tell us we are called to be blessed - by being poor in Spirit, mournful, meek, hungry for righteousness, merciful, clean of heart and a peacemaker.

### **This is our call to holiness - to eternal life with our God - to sainthood!**

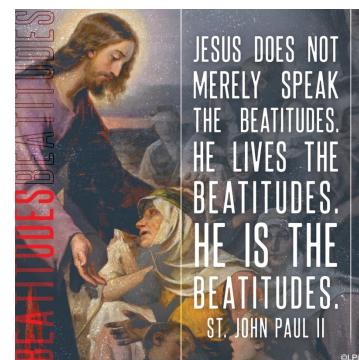
All of them are the work of a human lifetime. According to Pope Benedict in his book, “Jesus of Nazareth,” The Beatitudes are in reality a picture of Jesus’ earthly life. He is our model to follow. If we look at these goals closely, we can see that they all are at odds with our society as they invite us to turn our standards and our way of life upside down and inside out. As the season of Lent approaches, this is a good time to evaluate the goals of our lives - and not look outward at our professional and secular goals - but inward to change our attitudes and our ways of reaching out to neighbors.

How do we manage the goods of this world, our possessions? Do we hoard them? Do we use them as leverage against others? In other words, how can we learn the lessons of poverty and meekness? Suffering is a part of life. How do we react to it? Do we grieve because we are feeling sorry for ourselves or because we long for a world of peace and justice? How do we learn the lessons that suffering has to teach? Do we forgive those who have wronged us?

These Beatitudes, these blessings, call for profound inner transformation. Jesus did change and continues to change the world. He continues to alter the world through you and me. Too big a job for us? We have the grace of God in our sacraments - especially The Eucharist - to help us. Let’s give inward change and transformation a try this Lent working toward the goals presented here today.

Let us interact with those people who cross our path - with their help and our gifts let us try to change our world and their world - one person at a time.

*~ Deacon Bill*





# St. Clare Italian Dinner

*Hosted by: Our Confirmation Students and their Sponsors*

*Proceeds to Benefit St. Clare Youth Ministry*

**Saturday, Feb. 7**

Two serving times: 4pm or 6pm in the Parish Hall. To go orders available.

**RSVP by Monday, Feb. 2**

## *Dinner Menu*

Garden Salad with Italian Dressing, Garlic Bread, Green Beans  
and choice of Lasagna with meat sauce, Vegetarian Lasagna  
(zucchini, red pepper, spinach, mushrooms & onion)

or Buttered Noodles

Spumoni or Vanilla Ice Cream for Dessert

*Thank you to the Spaccarelli Family for the meat sauce  
and Banning's Restaurant for the Vegetarian Lasagna.*

### Dinner Ticket Prices:

**\$20 for Adults (11 years and above)**

**\$10 for Children (ages 2-10 years; under 2 free)**

**\$145 Table for 8**

**Purchase tickets online at:**

**<https://www.osvhub.com/saintclarechurch/forms/stclareitalian-dinner>**

**Dessert Raffle Tickets available  
during Dinner \$5 a ticket.**



### BROTHERS IN SPIRIT

#### Men's Faith Formation Group

Next Meeting: Saturday, Jan. 31

9am - 10:30am

Downstairs at the Parish Office

All men of the parish are invited to participate in *Brothers in Spirit*, a new men's faith formation group devoted to spiritual growth, prayer, and fraternity. We meet weekly on Saturday mornings.

Our mission is to form faithful Catholic men grounded in Scripture, the Sacraments, and brotherhood — equipped to live their faith courageously in family, work, and society.

For further information or to express interest, contact Dr. David Villegas at [drdavevillegas@gmail.com](mailto:drdavevillegas@gmail.com).



### COME HOLY SPIRIT

#### Dinner Talk #3 - Thursday, Feb. 5

5:30-7pm Parish Hall

Come to the Feast!

Strengthen your Faith and Build Fellowship.

Topic: *Evangelization*

Speaker: *Fr. Don Gutmann*

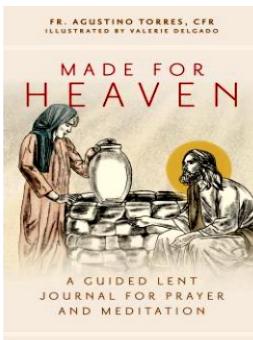
Evangelization is the process of sharing our faith with others. Sometimes it might seem intimidating or scary, but it doesn't have to be that.

Fr. Don will share some simple and effective techniques for sharing our faith with family, friends, co-workers, or even strangers.

Interested in attending? Please register at <https://www.osvhub.com/saintclarechurch/forms/dinner-talk-3-feb-5-2026-1>

For more details? Contact Kim Zea at [kim@saintclarechurch.org](mailto:kim@saintclarechurch.org)

#### All are Welcome! Join a Parish Group for a Deeper Lenten Experience



Meeting once a week, we will increase our devotion in this holy season by reading and discussing *Made for Heaven* by Fr. Agustino Torres, CFR. The author writes, “**This book is for anyone who desires to dive into the power of prayer, fasting and poverty to reorient your life toward God.**”

Committing to the readings, and sharing experiences and insights with others, will lead to deeper understanding and spiritual growth. Last year a participant said “this is like Lent unleashed – it’s not just about giving up my coffee anymore.” If this comment resonates for you, consider joining one of these groups. Make Lent more than “giving up something.”

Sessions are scheduled for the days and times below along with the name of the discussion leader/s. All groups will meet downstairs at the parish office except the Sunday group. It will gather in the school music room adjacent to the parish hall:

+ Sundays, 12-1pm - Mark Ellis & Maria Clemente + Tuesdays, 1-2pm - Matt Cato

+ Wednesdays, 9:30-10:30am - Mike O'Phelan and Mary Muoth + Thursdays, 9:15-10:15am - Kim Zea

+ Fridays, 9:15-10:15am - Julie and Tim Zweber + Saturdays, 8-9am - Ted Seeber

The six sessions will begin with the Sunday group on Feb. 15, continue throughout the week of Ash Wednesday, Feb. 18, and end the week prior to Holy Week. Registration sheets are available at the church doors or sign-up online at <https://www.osvhub.com/saintclarechurch/forms/lenten-groups-feb-15-2026-1>

# Women of St. Clare, YOU are invited to our first ACTS Retreat!



## St. Clare Women's Retreat

Thursday - Sunday, March 12 - 15

**Register NOW at [www.saintclarechurch.org/acts-retreats](http://www.saintclarechurch.org/acts-retreats)**

**ACTS** stands for **A**doration, **C**ommunity, **T**heology and **S**ervice. Join us to revitalize your faith life, and spend time with our Lord and your sisters in Christ. Come and experience three days of joy, prayer, authenticity, and sisterhood. We are expecting this retreat to fill-up quickly, so don't delay. Sign up TODAY!

**When:** Thursday evening, March 12 - Sunday, March 15.

**Where:** Fr. Bernard Center in Mt. Angel, Oregon

**Depart:** 5:00pm March 12 from St. Clare. Transportation will be provided.

**Return:** Sunday, March 15 to St. Clare for 10:45am Mass and Luncheon.

Transportation back to St. Clare provided. Families are invited and encouraged to attend the Mass and Luncheon.

**Relationships require commitment.** For this reason, ACTS retreatants are required to attend from Thursday evening starting at St. Clare through the Sunday's closing Luncheon. Our team is committed to providing a weekend filled with joy, prayer and community.

**Finances should not prevent anyone from attending the retreat.** If you are unable to pay all or part of the fee, financial arrangements can be made by contacting Kim Zea, Pastoral Associate, at 503-244-1037 ext. 104 or [kim@saintclarechurch.org](mailto:kim@saintclarechurch.org).

**Cancellations:** In order for us to give you a full refund, we will need a cancellation notice by February 19. If you need to cancel after February 19 and we are able to fill your spot with someone on our waitlist, then you will receive a refund. If your spot is left vacant, we will be unable to refund your payment.

**Questions and Cancellation Notices:** Contact Kim Zea at [kim@saintclarechurch.org](mailto:kim@saintclarechurch.org).

## Non-St. Clare Parishioners

Non-St. Clare Parishioners may register for our ACTS retreats 2 weeks before the event. Please click on the Register for March Women's Retreat button on or after February 26. If there are available slots, we look forward to you joining us.

## Bless Us, Lord

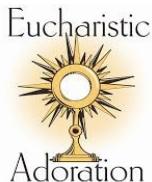
Jesus, You are good and gracious,  
every moment of every day. You invite us  
to be meek, merciful, clean of heart, peacemakers.

Give us the grace to seek these virtues,  
and to seek you.

May your blessing accompany us on our way.

Amen.

©LPI



Saturday, Feb. 7 2 -4pm  
Come and spend a few minutes  
with the Lord in prayer.  
Benediction begins at 3:45pm.

## Scripture Readings 5th Sunday in Ordinary Time

Feb. 8, 2026

Reading 1 - Is 58:7-10

Psalms - Ps 112:4-5, 6-7, 8-9

Reading 2 - 1 Cor 2:1-5

Gospel - Mt 5:13-16

For daily readings, please visit [www.usccb.org](http://www.usccb.org)

## REGISTER FOR CAMP HOWARD NOW! VISIT [CYOCAMPHOWARD.ORG](http://CYOCAMPHOWARD.ORG)



## Outreach



### The St. Clare Conference Society of St. Vincent de Paul

#### Food Pantry Needs

- Special Request  
for Cleaning & Hygiene Products  
especially Shampoo,  
Dishwashing Liquid & Laundry Detergent
- Vegetable Cooking Oils, All Varieties

Donations may be placed  
in the food baskets at the church  
or on the front porch of the parish office.

\*Please check dates to ensure foods have not expired.\*

## Job Opportunity



St. Clare Church is hiring a full-time administrative assistant. Laurie Zupsic is retiring from the parish staff after 24 years. For more information, please contact Santo at the parish office, 503.244.1037, x102 or [santo@saintclarechurch.org](mailto:santo@saintclarechurch.org).

## Many thanks to all who contribute!

### Offertory Report

	Actual Offertory	Average Offertory Goal	Amount Over (Under) Goal
W/E 1.25.26	\$12,711	\$12,472	\$240
Total January	\$54,775		
Fiscal Year 25/26	\$368,099	\$374,149	(\$6,050)

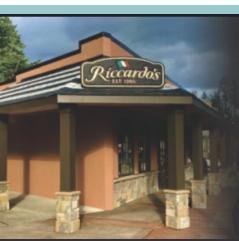
\*FY 25/26 Offertory Goal: \$12,472 per week to fund the current programs, personnel and facilities of the church.

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