

To you I call; for you will surely heed me, O God;
turn your ear to me; hear my words.
Guard me as the apple of your eye;
in the shadow of your wings protect me.



An Act of Spiritual Communion.

My Jesus, I believe that You are present in the Most Blessed Sacrament.

I love You above all things,

and I desire to receive You into my soul.

Since I cannot now receive you sacramentally,
come at least spiritually into my heart.

I embrace You as if you were already there,
and I unite myself wholly to You.

Never permit me to be separated from You.
(Saint Alphonsus Liguori)

Prayer to St. Michael

St. Michael the Archangel,
defend us in our daily battle; be our safeguard against
the wickedness and snares of the devil.

May God rebuke him, we humbly pray, and do thou, O
Prince of the heavenly host, by the power of God thrust
down into hell

Satan and all the other evil spirits who prowl throughout
the world seeking the ruin of souls. Amen.

✠ Our Lady of Lourdes ✠ Pray for Us

✠ St. Theresa ✠ Pray for Us

✠ St. Anthony ✠ Pray for Us

Confession
& Absolution

Confessions
Available after every weekday and
Saturday Vigil Mass or by advanced
booking.

Exposition of the Blessed
Sacrament
30 minutes before Weekday Mass

Anointing of the sick
In cases of emergency only.

PRAYER: OUR CHARGING POINT!!!

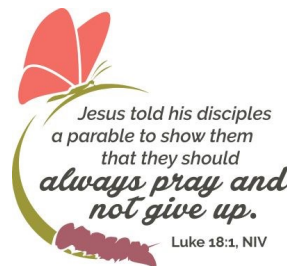
When the pressure of life pushes us into a situation of dark and gloom, we surely need the torchlight of faith to keep navigating confidently without faltering, through the darkness of life. That is to say that without faith we will surely stumble. Hence, faith is the torchlight that helps us walk through the path of darkness of temptations, trials and difficulties. However, this faith needs to be nurtured and charged all the time. If the battery of the torchlight is not charged fully it will not be bright enough and will not last longer. So, if the battery of the torchlight is not checked and charged often, it will definitely disappoint us in the midst of darkness. Thus, if the battery of the torchlight of faith dies off, we will certainly be plunged into the darkness of depression and hopelessness. The charging point for the battery in the torchlight of faith is PRAYER. Without prayer our faith will go flat. Prayer has enormous power. It can influence the outcome of events and it can change the lives of people. We can see that in the first reading of today where Moses raised his hands in prayer and the people of Israelites defeated their enemies in battle. Hence, Jesus, in the Gospel of today, encourages us to pray and pray always and not to lose heart. It is through prayer that we understand more the will of God for us. It is through prayer that we align our wills to the will of God. It is through prayer that God directs and encourages us every day to keep going despite all odds and challenges of life. Not surprised why Jesus Himself never stopped praying. Many Christians have stopped praying and as such lost their faith only because God did not answer their prayer the way they wanted it. Listen, God answers our prayers, more especially a heartfelt prayer, however, not according to our will but according to His own will. Therefore, our work is to pray and pray always and allow God who knows how to 'give justice to his elect, who cry to him day and night' to do His things His own way. Consequent upon that, I encourage you to make out a quality time for prayers every day. Let your prayer come from the heart and not just from the mouth. Pray with determination and conviction always, for when you stop praying you start straying. To that end, try to nurture and charge the torchlight



WHEN THE
SON OF MAN COMES,
WILL HE FIND FAITH
ON EARTH?
LUKE 18:8

of faith through prayers so as to walk through the darkness of trials and temptations, so that when the Lord comes, He will find 'faith on earth'. I wish you a lovely Sunday!!!

FR BEDE



St Theresa's and Our Lady of Lourdes with St Anthony's

Parish Priest: Fr. Bede Dike | Parish Office Tel: 0114 248 6102



Office Email: lol.church@btinternet.com

Website: <https://ourladyoflourdes-sttheresa.hallam-diocese.com/>



October Devotion: The Holy Rosary

29th Sunday in OT, Year C

19th October 2025

Psalter Week 1



Saturday, 18th October,

6.00pm, Our Lady of Lourdes – Mercy Ukou
RIP

Sunday, 19th October,

8.30am, St Anthony's – Thanksgiving
9.45am, Our Lady of Lourdes – Yvonne &
John Mellor (40th Wedding Anniversary)
11.00am, St. Theresa's – William Ellis RIP
(Anniversary)

Monday, 20th October, 10.00am, Our Lady of Lourdes

Weekday— Georgina Cameron R.I.P

Tuesday, 21st October, 10.00am, Our Lady of Lourdes

Weekday— November Memorial List

Wednesday, 22nd October, 10.00am, Our Lady of Lourdes

St. John Paul II, Pope—Fr Bede prays for your good hearts desires.

Thursday, 23rd October, 11.00am, St. Theresa's

Harvest Mass with St. Theresa's School
Weekday - Thanksgiving

Friday, 24th October, 10.00am, Our Lady of Lourdes

Harvest Mass with St. John Fisher School
Weekday— Thanksgiving

Next Weekend's Masses (30th Sunday in OT, Yr. C)

Saturday 25th October

6.00pm, Our Lady of Lourdes -
Consolata Mudzamiri Zvirikuzhe R.I.P

Sunday 26th October

8.30am, St. Anthony's -
Special Intention
9.45am, Our Lady of Lourdes -
SVP Beneficiaries
11.00am St. Theresa's -
Justin & Krzysztof Milkowski R.I.P



Sanctuary Lamp Intentions

Our Lady of Lourdes: The Holy Souls in Purgatory
Sponsor: The Parish

St. Anthony's: The Holy Souls in Purgatory
Sponsor: The Parish

St. Theresa's: The Holy Souls in Purgatory.
Sponsor: The Parish



Sunday Readings:
1st Exodus 17:8-13.
2nd 2 Timothy 3:14-4:2.
Gospel Luke 18:1-8.

The Parable of the Persistent Widow



Responsorial Psalm: 121.
*Our help is in the name of
the LORD, who made heaven
and earth.*

Gospel Acclamation, Hebrews 4:12.

Alleluia, alleluia.

*The word of God is living and active,
discerning the thoughts and intentions
of the heart. Alleluia.*

November Memorial List 2025–2026

Masses are offered throughout the whole year for all those mentioned in the **November Memorial List**. These names are displayed in all 3 churches starting in November 2025.



Slips are available at the back of the church for you to complete. Please return these with your donation of £20 or more for each completed slip by Sunday 26th October 2025.

Many Thanks.

Thank you for supporting Fr. Emmanuel. The three Churches raised the total sum of £806.87. God Bless You All!



Refreshments at Our Lady of Lourdes

Refreshments are available every week after Sunday Mass at Our Lady of Lourdes in the Parish Hall. Come along and enjoy a drink and a chat. Due to hall bookings refreshments will NOT be available on the following dates **19th October and 26th October**.



The sale of books at St. Anthony's has raised a further **£23.40**
Thank You!



Weekend Cash Collections 11th/12th October

Our Lady of Lourdes..... £428.49
St Anthony's..... £153.00
St Theresa's£488.21



Thank you.



Safeguarding Representatives
St. Theresa's—Debi Stringer
OLOL—Tessa Taylor



School News

St John Fisher School news:
www.st-johnfisher.org

St Theresa's School news:
www.st-theresas-sheffield.co.uk

First Holy Communion at St Theresa's

Parents of children who have registered their children for the First Holy Communion programme at St Theresa's are invited to a meeting **THIS Sunday (19th October) after the 11.00 am Mass**. The meeting will be held in the side chapel inside St Theresa's



Confirmation Preparation in the Parish

Registration forms for Confirmation at Our Lady of Lourdes/St. Anthony's and St Theresa's are now available to collect from each church. Confirmation forms to be returned by **26th October 2025**. A registration fee of £10 per participant is required and will be collected at the Parents' Meeting.



Foodbank update

Jock has started up the Gleadless Foodbank again in a different location, and we will be reverting to support vulnerable people in our nearest community. Handsworth have been very grateful for our support, and Gleadless are really pleased that we are back to help. Currently the ask is for standard staple items, so anything from the list – UHT milk, tinned meat and fish, cereals, juice etc.



Support for St. Wilfrid's Centre

Tinned ham, chocolate biscuits and crisps for light lunches and snacks



The next jumble sale at St. Anthonys will be on 1st November at 11am. As well as the usual bargains there be the opportunity to purchase some special Christmas items. So put the date in your diary now!



Today is World Mission Sunday

Today parishes worldwide celebrate World Mission Sunday. By supporting Missio—the Pope's charity for world missions—we stand united in God's global family, in prayer, solidarity and action. We are called to be "Missionaries of Hope Among All Peoples" as everyone deserves to hear that God loves them and to be strengthened by God's Spirit. Please pray for missionaries and give what you can to this vital collection, bringing God's compassion, peace and justice to those in need.

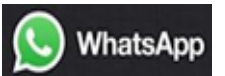
To donate, use the **Missio envelope**, call **02078219755** (office hours) or visit **missio.org.uk** to give a gift, set up a Direct Debit and Gift Aid your donation if possible.

Thank you.



WhatsApp Group for Our Lady of Lourdes and St Anthony's

As another communication method, we are creating a parish WhatsApp group for all who wish to join for updates on parish news. If you would like to be included, please email the parish office with your name and phone number, and you will be added to the group.



Stop assisted suicide - further action needed!

Sending a physical letter carries particular weight with Members of the House of Lords. *Right To Life UK* has created a simple tool that generates personalised letters to Peers, each focused on a specific area of concern. You can then print them, or copy them out by hand, sign, and post them.

Please take action now and visit
www.righttolife.org.uk/aspeersletter to send a letter to Peers asking them to oppose assisted suicide.

All Saints Catholic High School have the following teaching vacancy. **Temporary Teacher of English. Full Time. Contract Temporary Maternity Cover Salary MPR / UPR**

Start Date Required from 1 January 2026 to 31 December 2026

Please visit school website for more info and application pack.

[Vacancies - All Saints Catholic High School](http://www.allsaints.sheffield.sch.uk/vacancies/)



All Saints Catholic High School require a catering assistant to commence as soon as possible. **20 hours per week (over 5 days per week) for 38 weeks per year Monday – Friday (4 hours) a day 10.00 am – 2.00 pm. Contract Permanent. Salary Grade 1, Scale Point 2 : £24,413**

Pro Rata Actual Salary £11,060 with no previous service.

Please visit school website for application form and further info.

<https://www.allsaints.sheffield.sch.uk/vacancies/>

Be Still and Know that I am God, 14 - 17 November 2025

A three-day retreat led by Fr Roger Dawson, SJ, aiming to help participants find a greater attentiveness and disposition to God's presence in their lives through a disciplining of the mind and awareness of the present moment.

<https://christianheritagecentre.com/events/be-still-and-know-that-i-am-god>



The bulletin for October has been sponsored by Olaleken. Thank you.

Ignatian Spiritual Exercises: Mens' retreat, 4 & 11 February 2026

A fantastic opportunity to experience St Ignatius' Spiritual Exercises in a 5-day, shortened form. The retreat will be guided by the monastic community of St Joseph's Abbey, Flavigny (France), who were founded with the specific charism of offering this version of the Exercises and with a particular apostolate to men. The retreat is open to men in all states of life, who wish to seek God's will through a deepened detachment from the world.

<https://christianheritagecentre.com/events/mens-retreat-spiritual-exercises-of-st-ignatius>

Please pray for all the elderly, the sick and the housebound of our three churches including those named below.

Rita O'Hara, Clare Roberts, Jennie Heenan, Caitlin Rose Goss, Beryl Stafford, Jean Grove, Liliana Poole, Jean White, Shirley Foster, Sean Kilcoyne, Avis Hurst, Gloria Andrews, Chena Drakesmith, Marj Hall, Melvin Hanlon, John Carroll, Joan Hill, Claire Lawson, Patricia Foster, Christopher Browne, Mr. Shannon, Margaret Betson, Paul Manning, Annabel Taylor, John Nicholson, Philomena Walker, Lesley Osborne, Gail Hook, Elizabeth Dodson, Gemma Thomas, David Dowling, Fr. David Stafford, Ursula & Paul Parker, Tessa Taylor.

Please pray for the repose of the recently deceased souls & those whose anniversaries occur about this time.



These QR Codes can be used to make an offering using your smartphone. Simply scan the relevant QR code and follow the on screen instructions.

OLOL/St. Anthony's



St. Theresa's

