

O sing a new song to the Lord;
sing to the Lord, all the earth.
In his presence are majesty
and splendour,
strength and honour in his holy place.



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

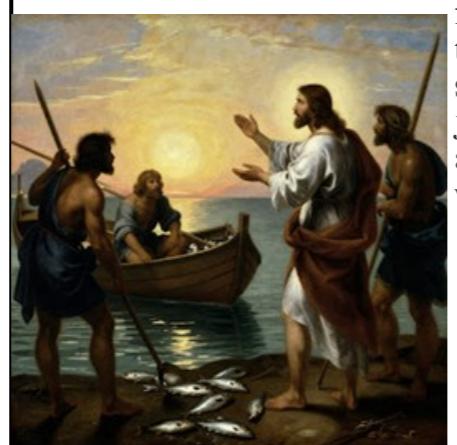
Anointing of the sick
In cases of emergency only.

Today's Gospel shows Jesus fulfilling what was said through the prophet Isaiah: "the people who sit in darkness have seen a great light." Our first reading expands this prophecy about the "land west of the Jordan," detailing how the Lord will glorify this area and the people in it. "You have brought them abundant joy and great rejoicing," Isaiah says. "For the yoke that burdened them, the pole on their shoulder, and the rod of their taskmaster you have smashed..." The Gospel indicates that Jesus Christ simply arriving in the region of Zebulun and Naphtali begins to fulfil this prophecy. Therefore, we learn that Jesus' presence—His dwelling among us—is already a "great light" in a land of gloom. When we sit in our pews during Mass, we can reflect on Christ's presence and how His desire to dwell in our hearts through the Holy Eucharist is already cause for "abundant joy and great rejoicing." Further, Jesus brings the promised freedom "from the rod of the taskmaster" through His preaching and His call. Rather than liberating Israel from Roman occupation, which many of the Jews expected, Jesus frees His people from the greater bondage of sin—from the taskmaster of their own broken selves. Christ calls His listeners to "repent, for the Kingdom of Heaven is at hand." This exhortation to walk away from one's sin is an invitation to the holiness for which mankind was created. When we burdened people seek to follow Jesus, He smashes all yokes, poles, and rods that weigh us down and separate us from Him.

Andrew, Peter,
James, and
John—who by no
means had
perfect under-
standing of Jesus
and His plans—
still recognized
the light of Christ
when they heard



His call. They immediately left behind what they were doing and followed Him. Join me in praying for their intercession today, that we might see the freedom and joy that Jesus offers and follow Him without hesitation.



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: olol.church@btinternet.com

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



January Devotion: The Holy Name of Jesus

Third Sunday in Ordinary Time, Yr. A (Sunday of the Word of God)

25th January 2026

Psalter Week 3



Next Weekend's Masses (4th Sunday in Ordinary Time, Yr. A)

Saturday 31st January

6.00pm, Our Lady of Lourdes - Spiritual & Physical Healing of Consolata's Grandchildren.

Sunday 1st February

8.30am, St. Anthony's - Jadwiga Slowikowska RIP
9.45am, Our Lady of Lourdes - Brendan Lynch RIP
11.00am St. Theresa's - People of the Parishes



Saturday, 24th January,

6.00pm, Our Lady of Lourdes – People of the Parishes

Sunday, 25th January,

8.30am, St Anthony's – Sandra Lynette Rawlings RIP
9.45am, Our Lady of Lourdes—John Hannon RIP
11.00am, St. Theresa's – Alan Millward RIP (94th Birthday)

Monday, 26th January, 10.00am, Our Lady of Lourdes

Ss Timothy & Titus, Bishops — Terry Sims RIP

Tuesday, 27th January, NO MASS

Weekday

Wednesday, 28th January, 10.00am, Our Lady of Lourdes

St Thomas Aquinas, Priest, Doctor – Owen Fernandez RIP

Thursday, 29th January, 11.00am, St. Theresa's

Weekday— For World Peace

Friday, 30th January, 10.00am, Our Lady of Lourdes

Weekday—November Memorial List



Sunday Readings:

1st Isaiah 9:1b-4.
2nd 1 Corinthians 1:10-13,17.
Gospel Matthew 4:12-23.



Responsorial Psalm: 27.

The LORD is my light and my salvation.
Gospel Acclamation, cf. Matthew 4:23.

Alleluia, alleluia.

Jesus proclaimed the gospel of the kingdom and healed every affliction among the people.
Alleluia.



CARITAS COUNSELING SERVICES

In addition to our school based
counselling and our one-to-one
Counselling in our communities we
are now able to offer:-

- Relationship / Couples
Counselling
- Family Therapy

and still just £25 per session

**Helping You Reconnect,
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Grow Together.**

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Marriage Preparation residential weekend

course, 13 - 15 March 2026

The CHC's weekend marriage prep course is intended for couples who wish to engage more deeply with the Catholic vision for marriage. Structured around the elements of the marriage rite, couples will reflect deeply on foundational Scriptural texts to gain a deeper understanding of both the natural and Sacramental aspects of Matrimony. The weekend is framed by prayer, time for reflection personally and as a couple, group discussion and a social.



<https://christianheritagecentre.com/>



If you know anyone who is sick or housebound and would appreciate a visit from Fr. Henry, please email or call the Parish Office so that this can be arranged. Parish Office contact details are on the front of the bulletin.



Weekend Cash Collections 17th/18th January

Our Lady of Lourdes..... £329.18

St Anthony's..... £131.00

St Theresa's£386.27

Thank you.



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



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



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.



Babies & Toddlers

Best Start

**Mondays 12.30pm to 2.30pm
(Term time only)**

**Our Lady of Lourdes Parish Hall
£1 per child**

Contact:

Marie: 07495965774

Nicola: 07495965312

**Bring your under 5's along to play
and join the fun!**



Explore the whole Bible Story

Welcome to a friendly Bible Journey beginning in our parish. If you've ever started reading the Bible only to get stuck? - Or just to deepen your faith then this group might be for you.

**Group starts Thursday 12th of February,
and runs each Thursday for 8 weeks**

See Poster at the back of church.
for more information

Contact- Sam - hargreaves.sam08@gmail.com
Laurie - petch.laurie@gmail.com

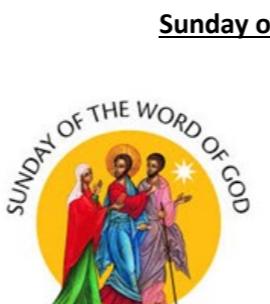


Love & Beauty in St John's Spiritual Canticle,

20 - 22 February 2026

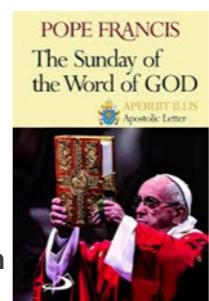
2026 marks the centenary of the declaration of St John of the Cross as a Doctor of the Church. In honour of this anniversary, Fr Matthew Blake, OCD will offer a weekend reflecting on the themes of love and beauty in the most celebrated poetry of the great Spanish mystic.

<https://christianheritagecentre.com/events/love-beauty-in-st-johns-spiritual-canticle/>



Sunday of the Word of God

The Third Sunday of Ordinary Time is the 'Sunday of the Word of God' - a day, instituted by Pope Francis on the Feast of Saint Jerome in 2019, devoted to the celebration and study of Sacred Scripture.



"Devoting a specific Sunday of the liturgical year to the word of God can enable the Church to experience anew how the risen Lord opens up for us the treasury of his word and enables us to proclaim its unfathomable riches before the world."

Pope Francis, Aperuit illis

Why not book one of the Parish Halls?
For bookings at Our Lady of Lourdes please contact Mark on 07852164838 or via email olol.churchhallbookings@gmail.com

For bookings at St Theresa's Hall please contact Debi on 075778 97291



The bulletin for January has been sponsored by Caitlyn Mensah-Olojede in celebration of their birthday. Thank you.