

**Save us, O Lord our God!
And gather us from the nations,
to give thanks to your holy name,
and make it our glory to praise you.**



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

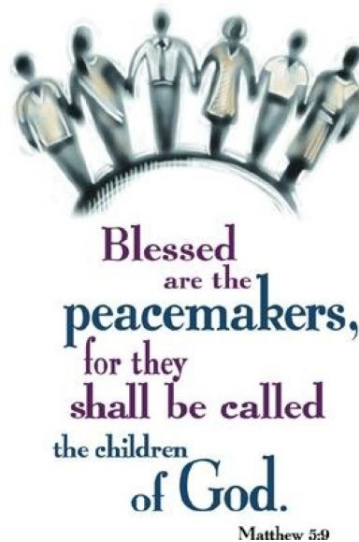
Anointing of the sick
In cases of emergency only.

Finding our Sainthood in the Beatitudes.

In this Sunday's Gospel reading, we get a glimpse of our own sainthood. The eight Beatitudes in Matthew 5:1-12 describe the holiness of those who imitate Jesus. The first four deal with our relationship with God; the last four deal with our relationships with others. How can we call ourselves saints? Remember that you are a saint, as imperfect as you are at this time on your journey, because God has sanctified you through your baptism, thanks to what Jesus did for you on the cross. This means that he has blessed you. And blessed are you because you love as Jesus loves.

Everything that God blesses is made holy! Therefore, any person who lives the lifestyle of the Beatitudes (which is the lifestyle of Jesus) is blessed by God and can rightfully be called a saint: the poor in spirit who recognize that they need God's love, those who mourn and turn to the Holy Spirit for comfort, those who meekly (i.e., without arrogance) stand up for what is right because they love God, and so on down the list of Beatitudes. Meditate on each blessing and notice your sainthood *and* the challenge to become saintlier by improving how well you imitate Jesus.

The Church canonizes Saints (which we signify with a capital "S") so that we have role models. Even though we've not reached their level of holiness, we belong to the same communion of saints. A saint is anyone who is following Christ toward heaven, with or without a lay-over in purgatory. As we strive to improve, we can ask the Saints for help and receive their spiritual guidance.



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/>



February Devotion: The Holy Family
Fourth Sunday in Ordinary Time, Yr. A
1st February 2026
Psalter Week 4



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 – Ron Ashworth RIP (Birthday)

Monday, 2nd February, 10.00am, Our Lady of Lourdes

The Presentation of the Lord — Persecuted Christians

Tuesday, 3rd February, 10.00am, Our Lady of Lourdes

Weekday—The Sick & Housebound of Our Parishes.

Wednesday, 4th February, 10.00am, Our Lady of Lourdes

St Gilbert of Sempringham, Abbot – Pope Leo's Intentions

Thursday, 5th February, 11.00am, St. Theresa's

St Agatha, Virgin, Martyr— For the Protection of all Clergy.

Friday, 6th February, 10.00am, Our Lady of Lourdes

Ss Paul Miki & his Companions, Martyrs — November Memorial List

Saturday, 7th February (First Saturday), 10.00am, Our Lady of Lourdes (Preceded by Exposition, Rosary, and Confession at 9.30am)

Next Weekend's Masses (5th Sunday in Ordinary Time, Yr. A)

Saturday 7th February

6.00pm, Our Lady of Lourdes - Angela Danquah RIP

Sunday 8th February

8.30am, St. Anthony's - For World Peace

9.45am, Our Lady of Lourdes - People of the Parishes

11.00am St. Theresa's - Ernest Ashworth RIP (Anniversary)



Sanctuary Lamp Intentions

Our Lady of Lourdes: Good Health for Paul

Sponsor: E Heskey

St. Anthony's: Edward Slowikowski
Sponsor: Irena & Bob Hunt

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



Sunday Readings:
1st Zephaniah 2:3;3:12-13.
2nd 1 Corinthians 1:26-31.
Gospel Matthew 5:1-12a.



Responsorial Psalm: 146.

Blessed are the poor in spirit; for theirs is the kingdom of heaven

Gospel Acclamation, cf. Matthew 5:12a

Alleluia, alleluia.

Rejoice and be glad, for your reward is great in heaven.
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, Communicate, and Grow Together.

If you think this could be for you

Call us today on
0114 2566407/8



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/>



Our Lady of Lourdes Jumble and Nearly New Sale

We are collecting for our next jumble and nearly new sale which will take place in March. Please bring any donations of clothing, accessories, soft furnishings, toys, books and bric-a-brac into church and leave them under the table at the back of church.



Tea and Coffee at Our Lady of Lourdes



Tea and coffee is available in the church hall after Sunday mass most weeks of the year, so please join us for a drink and a chat as a parish community. If you would like to join our volunteers to serve refreshments, please see Sal to add your name to the list. However, **no tea or coffee on 1 February** as the hall is in use.

Foodbank Donations

Our parish make regular donations to the Gleadless Foodbank. Please consider adding non-perishable grocery items to your shopping to donate in the box at the back of each church. Tinned vegetables, cereal, noodles, tinned meat or fish, snacks, UHT milk or juice, squash, lunch box drinks. All of these gratefully received. Thank you.



St Theresa's 200 Club Winners Decemerr Draw

£100: No. 49
£40: No. 17
£20 No. 34



Congratulations to all winners!

Support for St. Wilfrid's Centre

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



Food Donations



Weekend Cash Collections 24th/25th January

Our Lady of Lourdes..... £317.27

St Anthony's..... £154.00

St Theresa's£392.00

Thank you.



Safeguarding Representatives

St. Theresa's—Debi Stringer
LOLO—Tessa Taylor



School News

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

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



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.

LOLO/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.

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 from 6.30pm to 8.00pm**

See Poster at the back of church. for more information

Contact- Sam - hargreaves.sam08@gmail.com

Laurie - petch.laurie@gmail.com



LENTEN DAY OF RECOLLECTION

Everything is connected – how do we care for our common home? At St Vincent's Church, 40 Pickmere Road, Crookes, Sheffield, S10 1GY

Saturday 21 March, 11:00am-3:00pm. Tea/ coffee from 10:30am

Speakers:

Bishop John Arnold, Bishop of Salford, spokesperson for the Bishops Conference on the Environment, and President of Pax Christi. Dr. Maria Exall, Honorary Fellow at the Centre for Catholic Social Thought and Practice in the Department of Theology and Religion at Durham University.

The event is free. Please bring your own packed lunch. Tea and coffee provided. Please book your place:

> <https://www.eventbrite.co.uk/o/hallam-formation-and-mission-46212155433>



Planning a Celebration?

Why not book one of the Parish Halls?

For bookings at Our Lady of Lourdes please contact Mark on 07852164838 or via email lol.churchhallbookings@gmail.com

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



The bulletin for February has been sponsored by Amaka Ezurike in memory of her Dad, Augustine Izuka RIP . Thank you.