

**O come, let us worship God  
and bow low before the God  
who made us,  
for he is the Lord our God.**



#### 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.

This Sunday, Jesus tells us: "You are the salt of the earth." What does it mean to be salt? Think about what salt does. It adds flavour to foods that lack sufficient taste. Jesus also raises the point that if we lose our flavour, how can it be restored? The answer is: Only by letting God renew us.

In your baptism, you were made flavourful — alive with God's love, peace, joy, etc. Fruitful Christians are those who evangelize by adding the seasoning of God's life — God's love, peace, joy, etc. — to the lives of the people around them.

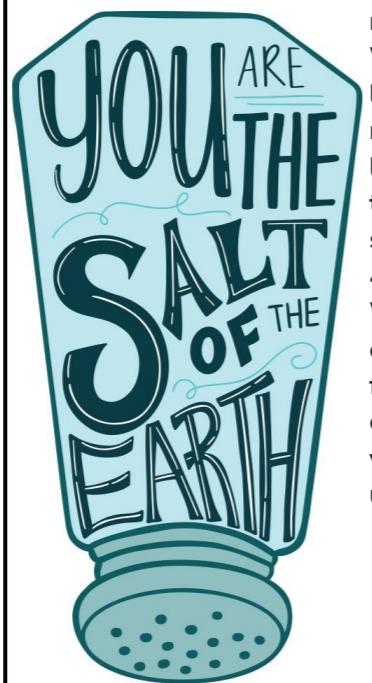
But beware of trying too hard! What happens when food is over-salted? It tastes horrible. No matter how good our intentions might be, if we come on too strong, we do more harm than good.

People are much more likely to turn to Jesus if they first experience his love from us, and his peace in how we treat them, and his joy in the way we live our lives. They need to discover that Jesus loves them just the way they are, that he is gentle but sincere when inviting them to grow spiritually, and that he can help them turn hardships and troubles into blessings and joys.

Jesus also tells us to be a light that others cannot help but notice — but not a light that blinds. To flavour the lives of others with the presence of Jesus, we have to let his light shine in us. We have to be so lit up by Christ that others cannot help but notice. Additionally, Jesus says that we have to be a city. We cannot evangelize alone. A "city" is a group of Christians: a parish, a family, a church organization. Being Christian means being in community. When our light is joined to the light of others, our collective glow is much more effective in revealing Christ to the world.

Why? Because non-believers learn that the love of Christ is real when they see us living in love with each other: unconditionally, generously, with a servant's heart (see Acts 2:42-47).

We are the light of Christ for each other. We are seasoning for each other. Without each other, our light dims, our flavour fades, and we become useless to God's kingdom.



## 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](mailto:olol.church@btinternet.com)

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



### February Devotion: The Holy Family

**Fifth Sunday in Ordinary Time, Yr. A**

**8th February 2026**

**Psalter Week 1**



**SHINE YOUR  
LIGHT.  
SHARE GOD'S  
LOVE!**

**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)

**Monday, 9th February, 10.00am, Our Lady of Lourdes**

Weekday — November Memorial List

**Tuesday, 10th February, 10.00am, Our Lady of Lourdes**

St Scholastica, Virgin — The Sick & House-bound of Our Parishes

**Wednesday, 11th February, 10.00am, Our Lady of Lourdes**

Our Lady of Lourdes — For the Parish

**Thursday, 12th February, 11.00am, St. Theresa's**

Weekday — Ruth Pisarek (82nd Birthday)

**Friday, 13th February, 10.00am, Our Lady of Lourdes**

Weekday — Joyce Hannon RIP (Birthday Anniversary)

**Next Weekend's Masses (6th Sunday in Ordinary Time, Yr. A)**

**Saturday 14th February**

**6.00pm, Our Lady of Lourdes** — SVP Beneficiaries

**Sunday 15th February**

**8.30am, St. Anthony's** — Joan & Jack Goodwin RIP

**9.45am, Our Lady of Lourdes** — People of the Parishes

**11.00am St. Theresa's** — Margaret Iwunze RIP (Anniversary)



#### 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:**

1<sup>st</sup> Isaiah 58:6-10.

2<sup>nd</sup> 1 Corinthians 2:1-5.

Gospel Matthew 5:13-16.

**LIGHT**



**Responsorial Psalm: 112.**

**A light rises in the darkness for the upright.**

**Gospel Acclamation, John 8:12.**

**Alleluia, alleluia.**

**I am the light of the world, says the Lord; whoever follows me will have the light of life.**

**Alleluia.**

## Explore the whole Bible Story

Welcome to a friendly Bible Journey beginning in our parish. If you've ever started reading the Bible online 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](mailto:hargreaves.sam08@gmail.com)  
Laurie - [petch.laurie@gmail.com](mailto:petch.laurie@gmail.com)



## 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.



## Support for St. Wilfrid's Centre

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



## Tea and Coffee at Our Lady of Lourdes

REFRESHMENTS  
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.



## Weekend Cash Collections 24th/25th January

Our Lady of Lourdes..... £296.02

St Anthony's..... £202.01

St Theresa's .....£352.99

Thank you.



## OLOL 100 Club Winner—January

No. 79

Congratulations!



## School News

St John Fisher School news: [www.st-johnfisher.org](http://www.st-johnfisher.org)

St Theresa's School news: [www.st-theresas-sheffield.co.uk](http://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.

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.



## 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>



## 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.



JUMBLE & NEARLY NEW SALE

## Children's Mass – Our Lady of Lourdes

The next Children's Mass will be on 15 February. If any children would like to sing in the choir, please speak to Jacek. There will be a rehearsal on Friday 13 February at 7.00pm in the Parish Hall.



## Our Lady of Lourdes Social & Fundraising Meeting



Meeting

Wednesday, 11th February, 7pm, Parish Hall Meeting Room.

Catholic Family Retreat at Castlerigg Manor // March 27-29th // £160-230 per family- For the first time since Covid, Castlerigg Manor are bringing back their popular family retreats. There will be streams for different ages and fun activities for everybody including Mass in the evening and time to explore Keswick. For more info >> castleriggmanor.com >> events

## St Anthony's next Jumble Sale is on

Saturday 14 February from 11.00am. This is always a great event, so do come along and support the sale and grab yourself a bargain.



## CAFOD Lent Appeal – Family Fast Day collection

This Lent, live out the Gospel call to love your neighbour. By fasting and giving what you save, you join in Christ's compassion and help another family put food on the table. Your donation can help families around the world grow food in difficult conditions – such as on flood-resistant floating gardens or using solar-powered water pumps in times of drought. Collect a CAFOD envelope to bless others with your support, donate online at [cafod.org.uk/envelope](http://cafod.org.uk/envelope) or call 0303 303 3030. Text CAFODLENT to 70085 to donate £10.



## May Half Term B&B Stays at Castlerigg Manor -

In May half-term, Castlerigg Manor (Catholic retreat centre in Keswick, Cumbria) will once again be opening their doors for B&B stays. A great way for families, groups of friends, and individuals to get an affordable stay in Keswick. Mass will be provided on site. For more info >> castleriggmanor.com >> stay with us



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.



40 Days for Life in Sheffield: From 18th February, the 40 Days for Life invites you to join other Christians in praying and fasting for an end to abortion in our community. Come and join us to peacefully witness for the sanctity of human life. If you'd like to join, please sign up at [www.40daysforlife.com/en/broomhall](http://www.40daysforlife.com/en/broomhall) or call Rachel 07368297872.



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