

Be my protector, O God,
a mighty stronghold to save me.
For you are my rock, My stronghold!
Lead me, guide me, for the sake of your
name.



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

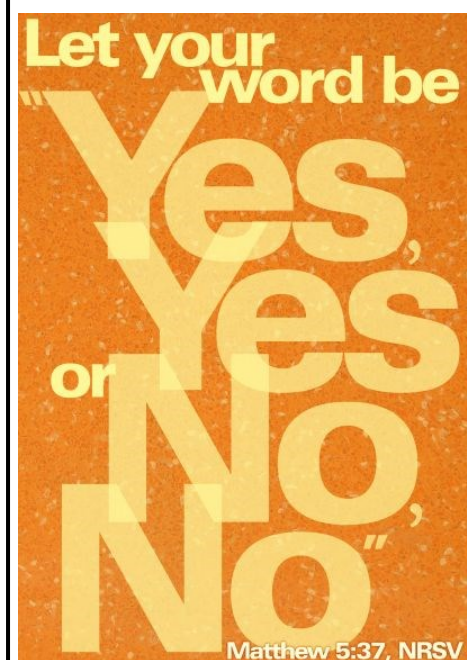
Anointing of the sick
In cases of emergency only.

The Jewish religious authorities of Jesus' day were often literalists in their interpretation of the Law of God. Jesus, however, gave a deeper meaning to the Law. He placed his focus on the *goal* of the Law: Love. In this Sunday's Gospel reading, Jesus explains that we fail to fulfil the Law when our so-called obedience isn't motivated by love.

Jesus completely fulfilled the true meaning of the Law. In doing so, he took upon himself our disobedience and died for us in the most generous gift of love. As his followers, we also are to be generous with love. Obeying all the commandments — truly obeying them — requires loving God with our whole heart, all the time, and loving others as ourselves.

Jesus explains how to transform literal interpretations of God's laws into the Law of Love. In each example, he shows that we are to choose the most loving approach to every problem, no matter how difficult. His first topic is anger: Sinful anger is judgmental and we are judged by this sin. Jesus provides the remedy: Go and do whatever is necessary to be reconciled. This, he points out, is even more important than worshipping God. How genuine can our worship be if anger has replaced love in our hearts, since God is love?

Another example is lust, which is a counterfeit of love because it treats others as objects. And divorce from a valid marriage is a failure to love as Christ loves, who taught that love makes sacrifices and endures hardships. Remarriage, he says, furthers the sin because it's unloving to the spouse of



the original union. Jesus extends this teaching to every area of life. Breaking an oath is unloving. Lying and never intending to keep the commitment is unloving. In fact, the entire Sermon on the Mount, of which this Gospel reading is a part, explains how to love.

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 Trinity
Sixth Sunday in Ordinary Time, Yr. A
15th February 2026
Psalter Week 2



Saturday, 14th February,

6.00pm, Our Lady of Lourdes – SVP
Beneficiaries

Sunday, 15th February,

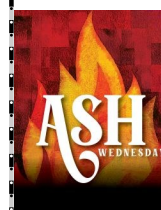
8.30am, St Anthony's – Joan & Jack Goodwin RIP
9.45am, Our Lady of Lourdes—Zbigniew Smiechowski RIP (10th Anniversary)
11.00am, St. Theresa's – Margaret Iwunze RIP (Anniversary)

Monday, 16th February, 10.00am, Our Lady of Lourdes

Weekday — Fr Michael Killeen RIP (Anniversary)

Tuesday, 17th February, 10.00am, Our Lady of Lourdes

Blessed William Richardson, Priest, Martyr — The Sick & Housebound of Our Parishes



Wednesday, 18th February, Ash Wednesday

9.00am Our Lady of Lourdes – For World Peace
11.00am, St. Theresa's – Alice King RIP

Thursday, 19th February, NO MASS Lenten Weekday

Friday, 20th February, 10.00am, Our Lady of Lourdes

Lenten Weekday —November Memorial List

Next Weekend's Masses (1st Sunday of Lent, Yr. A)

Saturday 21st February

6.00pm, Our Lady of Lourdes -
Julie and Steven Heenan (For God's Blessing)

Sunday 22nd February

8.30am, St. Anthony's -
People of the Parishes.
9.45am, Our Lady of Lourdes -
Grant Taylor RIP (Anniversary)
11.00am St. Theresa's -
Augustine Iheanyichukwu Izuka RIP (5th Anniversary)



Sanctuary Lamp Intentions

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



St. Anthony's: Joan & Jack Goodwin RIP
Sponsor: The Goodwin Family

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

Sunday Readings:
1st Sirach 15:15-20.
2nd 1 Corinthians 2:6-10.
Gospel Matthew 5:17-37.

Responsorial Psalm: 119.
Blessed are those who walk in the law of the LORD!

Gospel Acclamation, Cf. Matthew 11:25.

Alleluia, alleluia.
I thank you, Father, Lord of heaven and earth, you have revealed the secrets of the kingdom to little children. Alleluia.



Our Lady of Lourdes Jumble and Nearly New Sale

We are collecting for our next jumble and nearly new sale which will take place on 28 March .from 11am to 1pm. 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.



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



As it is half term, there will be no Children's Liturgy on the weekends of 14th/15th February and 21st/22nd February.

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

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.

REFRESHMENTS



Weekend Cash Collections 7th/8th February

Our Lady of Lourdes..... £353.03

St Anthony's..... £172.50

St Theresa's£401.53

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, Tessa Taylor.



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>

Lenten Reflections

This weekend we welcome Fr Bede back and give thanks for his safe return. We also extend our grateful thanks to Fr Henry who has taken care of us so well during Fr Bede's absence.



Hallam Lourdes Pilgrimage 2026

Bookings are now being taken for the Hallam Pilgrimage to Lourdes, 26th June to 2nd July. The cost is £1010, to include flights from Leeds Bradford to Lourdes, 6 nights accommodation, full board and insurance. There will be a full religious programme led by Bishop Ralph. The theme this year is 'Hail, full of grace'. For bookings see www.tangney-tours.com/hallam, or call 01732 886666. Paper booking forms will be available in parishes within the next two weeks. For further information call 01302 247910 or 07724 650066 or email lourdesoffice@hallam-diocese.com.

Explore the whole Bible Story

Welcome to a friendly Bible Journey .



The next session is on Thursday 19th February from 6.30pm to 8.00pm in the Parish Hall Meeting Rooms at Our Lady of Lourdes

See Poster at the back of church. for more information

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

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

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



Stations of the Cross During Lent Every Friday during Lent at OLOL at 7pm. Please try and come along and make the Stations of the Cross part of your Lenten journey this year.



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 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



Stop assisted suicide - further action needed!

Please take 30 seconds to stop assisted suicide from being forced into law. Right To Life UK has made an EasyAction tool to email your MP asking them to oppose attempts to force assisted suicide into law by bypassing the House of Lords. Please visit www.righttolife.org.uk/

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 or call Rachel 07368297872.

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