

**When he calls on me, I will answer him;
I will deliver him and give him glory,
I will grant him length of days.**



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*

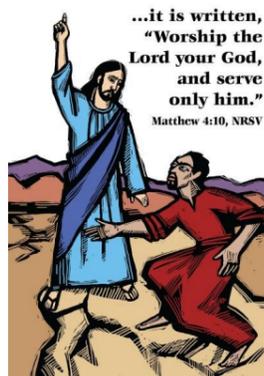


Confessions
Available after every weekday and
Saturday Vigil Mass or by advanced
booking.

Exposition of the Blessed
Sacrament
30 minutes before Weekday Mass
Anointing of the sick
In cases of emergency only.

LENTEN SEASON IS HERE!!!

Dear Friends in Christ, it is another season of Lent. It is a holy season granted to us by God to amend our ways. To some people it is just a cycle that comes and goes but to good Catholics it is a season of deep spiritual self-introspection. We are grateful to God for granting us this wonderful opportunity for us to pause and go into ourselves and right our wrongs. Lenten season is a time we discipline ourselves and fight against our bad habits, our bad behaviours and our addiction. It is a time we courageously criticize and condemn our bad ways and make every effort to remove them from our lives. Little wonder, St Paul in his 2nd letter to the Corinthians calls it "a favourable time and day of salvation" (6:2). To help us and guide us well, the Church, through the scriptures, has given us the three pillars of Lent: Almsgiving, prayer and fasting. It is a time we give alms and help those who are in need because the Bible says that almsgiving covers a multitude of sins. It is also a time of fasting. We are expected to fast from food and drinks this time around so as to mortify our bodies. Hence, Jesus says "Man shall not live by bread alone, but by every word that comes from the mouth of God" (Matt 4:4). However, it is good to note that the best type of fasting is to fast from sin. Remember, sin is any act that is contrary to the will of God. Thus, it is a sin when you do your own will instead of obeying the will of God, just like Adam and Eve did. So, use this season to fight against sin and occasions of sin. Sin destroys our spiritual lives and breaks our relationship with God. Little wonder Jesus rejected outrightly satan and all his antics. It is obvious that the devil is not happy whenever you resolve to avoid sin and occasions of sin. The devil fight hard to tempt you out of the grace of God. Unfortunately, Adam and Eve were tempted and they failed woefully, but Jesus was tempted but He stood His ground and overcame the devil and his temptations. We have to learn a great lesson here today, that if the devil could tempt Jesus, you also can be tempted. No one is beyond temptation. But, like Jesus, we have to be intentional, we have to be disciplined, and we have to be courageous enough to tell the devil "Be gone, satan" (Matt 4:10). We cannot overcome the temptations that come our way without the grace of God. Hence, the Church encourages us this time around to pray and pray more for God's abundant grace that will enable us to stand firm and overcome sin and occasions of sin. Therefore, I encourage you to take seriously this Lenten journey. Don't allow it to pass by without doing the needful. Fight against your bad habits and let them go for good. Pope Leo prays: "As we begin our Lenten journey (today), let us ask the Lord to grant us the gift of true conversion of heart, so that we may better respond to His love for us and share that love with those around us. Upon all of you and your families I invoke the joy and peace of our Lord Jesus Christ. God bless you all" I wish you a spirit-filled Lenten season.



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/>



February Devotion: The Holy Trinity

1st Sunday of Lent, Yr. A

22nd February 2026

Psalter Week 1



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)

Monday, 23rd February, 10.00am, Our Lady of Lourdes

Lenten Weekday — Ron Ashworth RIP (Would be 52nd Wedding Anniversary)

Tuesday, 24th February, 10.00am, Our Lady of Lourdes

Lenten Weekday —The Sick & Housebound of Our Parishes

Wednesday, 25th February, 10.00am Our Lady of Lourdes

Lenten Weekday—Fr Bede prays for our good heart's desires.

Thursday, 26th February, 11.00am St. Theresa's

Lenten Weekday—Fr Paul O'Grady RIP

Friday, 27th February, 10.00am, Our Lady of Lourdes

Lenten Weekday —Archie Wingfield RIP (Anniversary)

Next Weekend's Masses (2nd Sunday of Lent, Yr. A)

Saturday 28th February

6.00pm, Our Lady of Lourdes - Divine Protection and physical and spiritual healing for Consolata's children, grandchildren & great grandchildren

Sunday 1st March

8.30am, St. Anthony's - Sue Ross RIP (Anniversary)

9.45am, Our Lady of Lourdes - November Memorial List

11.00am St. Theresa's - Chinoso Ezuruike (Birthday Thanksgiving)



Sanctuary Lamp Intentions

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

St. Anthony's: Patricia Newton RIP
Sponsor: Janet & Trevor Tandy

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



Sunday Readings:
1st Genesis 2:7-9; 3:1-7.
2nd Romans 5:12-19.
Gospel Matthew 4:1-11.



Responsorial Psalm: 51.

Have mercy on us, O Lord, for we have sinned.
Gospel Acclamation, Matthew 4:4b.

Glory and praise to you, O Christ.
One does not love by bread alone, but
by every word that comes forth from
the mouth of God.
Glory and praise to you, O Christ.

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.



Thank you to everyone who worked so hard to make the Jumble Sale at St. Anthony's such a great success once again raising a fantastic £593.19. Thanks also to everyone who supported the event.



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.



Next Sunday there will be a second collection after all Masses for Fr Henry to show our gratitude for how wonderfully he took care of us in Fr Bede's absence.



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 14th/15th February

Our Lady of Lourdes..... £345.07
 St Anthony's..... £168.60
 St Theresa's£268.20
 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

LENTE 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>

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 26th 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

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/ **ASCommons2026** to ask your MP to oppose forcing the assisted suicide Bill into law.

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 lolo.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. Every Sunday during Lent after Sunday Mass at St. Theresa's and St. Anthony's. 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



Friday 27th February 2026

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.

The Community of Our Lady of Walsingham seeks help to purchase a property to accommodate their growing community and further their apostolates of prayer, parish missions, hospitality, chaplaincy and youth work. Any amount, large or small is greatly appreciated and the community assure you of their prayers. Cheques payable to COLW can be sent to House of the Divine Will, Neatherd Moor, Dereham, NR20 4AZ. More information, as well as the option to donate online, can be found at: www.maryshouseappeal.org E: office@walsinghamcommunity.org T: 01362 692574



There is no Children's Liturgy this weekend. It restarts next weekend 28th February/1st March.

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.



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, Tessa Taylor.



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

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