

Rejoice, Jerusalem, and all who love her.
Be joyful, all who were in mourning;
exult and be satisfied at her consoling breast



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.

GOD'S CHOICE!!!

Dear Friends in Christ, it is the fourth Sunday of Lent otherwise known traditionally as LAETARE SUNDAY. Laetare is a Latin word which simply means rejoice. This name came from the entrance antiphon of today from Isaiah 66:10-11 which says "Rejoice, Jerusalem, and all who were in mourning; exult and be satisfied at her consoling breast". Despite the fact that we are still in Lenten season, the Church, today, asks us to rejoice and not to lose hope, and also encourages us by inviting us to look ahead towards the joy of Easter. In other words, our Lenten fast and observances are not in vain. There is hope! If we suffer and die with Christ, surely, we shall resurrect with Him in joy on Easter morning. It takes a person of faith to rejoice in the midst of sorrowful circumstances and discomfort. A person of faith sees things differently from the way others see, but he/she sees things from the angle God sees things. Just like Samuel who was sent by God to anoint a king in the house of Jesse in the first reading of today, he was looking at appearances. He was fascinated by height, colour, beauty and intelligence but God disappointed him. Human beings look at appearances and judge by appearances, but God looks at the heart. A person of faith sees as God sees and understands perfectly what God wants. God chooses us not based on material things and possessions, but He looks straight into the heart and chooses a heart that is humble and pure. Hence, He says "my eyes are drawn to the person of humbled and contrite heart, who trembles at my word" (Isaiah 66:2). This means God despises a heart that is unclean and impure. A heart that is full of hatred and unforgiveness He detests. In line with this Jesus says "It is not what goes into a man that defiles him, but what comes out of him...but what comes out of the mouth comes from the heart, and it is this that makes someone unclean. For from the heart come evil intentions: murder, adultery, fornication, theft, perjury, slander. These are the things that make a person unclean" (Matt 15:10, 18-20). We need to ask the Lord in this Lenten season to open the eyes of our minds as he opened the eyes of the blind man in the Gospel of today. It is when we have the light of Christ that we will be able to see and remove things that are unclean in our hearts. Hence, St Paul admonishes us in the second reading of today to "walk as children of light, for the fruit of light is found in all that is good and right and true" (Eph 5:9). May God open the eyes of our minds in this Lenten season to understand that He is so much interested in our hearts and try to clean our hearts of all impurities so that we can be God's choice. I wish you a holy and spirit filled Lenten season.



Signs & Wonders

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/>



March Devotion: St Joseph
4th Sunday of Lent, (Laetare Sunday) Yr. A
15th March 2026
Psalter Week 4



Saturday, 14th March,

6.00pm, Our Lady of Lourdes Patricia Blackwell RIP

Sunday, 15th March,

8.30am, St Anthony's – Joan & Jack Goodwin RIP
9.45am, Our Lady of Lourdes—Repose of the Soul of Olumuyiwa Orukotan RIP
11.00am, St. Theresa's – Chinwendu Ezuruike—Birthday Thanksgiving

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

Lenten Weekday—John Nicholson (Birthday and for Healing)

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

St Patrick, Bishop, Missionary — For Assistance and Divine Protection

Wednesday, 18th March, 10.00am Our Lady of Lourdes

Lenten Weekday (Commemoration of St Cyril of Jerusalem, Bishop, Doctor) — Fr Bede prays for your good hearts desires.

Thursday, 19th March, 11.00am St. Theresa's

St Joseph, Husband of the Blessed Virgin Mary — Patricia Blackwell RIP

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

Lenten Weekday — November Memorial List

Next Weekend's Masses (5th Sunday of Lent, Yr. A)

Saturday 21st March
6.00pm, Our Lady of Lourdes - Paul Heenan RIP (Birthday)
Sunday 22nd March
8.30am, St. Anthony's - Marie & Dave Moore (57th Wedding Anniversary)
9.45am, Our Lady of Lourdes - Yvonne & John (Safe Travels)
11.00am St. Theresa's - Repose of the Soul of Michael Babatunde RIP



Sanctuary Lamp Intentions

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

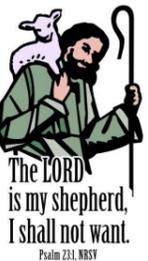


St. Anthony's: Joan & Jack Goodwin RIP
Sponsor: The Goodwin Family

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

Sunday Readings:
1st 1 Samuel 16:1b,6-7,10-13a.
2nd Ephesians 5:8-14.
Gospel John 9:1-41.

Responsorial Psalm: 23.
The LORD is my shepherd; there is nothing I shall want.



Gospel Acclamation John 8:12
Praise and honour to you, Lord Jesus. I am the light of the world, says the Lord; whoever follows me will have the light of life. Praise and honour to you, Lord Jesus.

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.



LENTEEN 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>

Confessions

St Theresa's Tuesday 24th March at 6.30pm

Our Lady of Lourdes Tuesday 31st March at 6.30pm

Exposition with time for silent prayer and concluding with Benediction.

Please try and make the time to come along and get well prepared and renewed ready to celebrate Easter.



JUMBLE SALE & NEARLY NEW

SAT 28 MAR 11AM-1PM



50p Entrance

(including a free tea or coffee)

Free entry for kids accompanied by an adult

**CLOTHES
HOMEWARE
BRIC-A-BRAC
BOOKS**

**TOYS
KITCHENWARE
REFRESHMENTS
...AND MORE**

**Springwater Community Centre
Hackenthorpe**

at Our Lady of Lourdes Church next to St. John Fisher School

Registered Charity No. 512021

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.



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.



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



Food Donations



Weekend Cash Collections 7th/8th March

Our Lady of Lourdes..... £392.02

St Anthony's..... £180.50

St Theresa's£TBC

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



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.

Parish Social - Family Quiz Night
Friday, 24th April, 7pm - Our Lady of Lourdes Parish Hall
The evening includes a general knowledge quiz, picture quizzes, children's quiz, Bingo, raffle and lots of prizes! Please bring your own drinks and a food dish for the shared buffet table. Refreshments will also be available to purchase.
Entry: £1 for adults, FREE for kids.
Please register your attendance at the back of church and pay on the night. All welcome!



Social & Fundraising Meeting
The next meeting will be on Wednesday, 18th March, 7pm, Our Lady of Lourdes Parish Hall. All welcome.

Tickets for the Easter Raffle at Our Lady of Lourdes will be available from this weekend. Please ask your family and friends if they would like to buy some too. Some great prizes on offer!



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



TIROSH KONCEPT
Registration Num(16594838) presents;

Music Enrichment and Extracurricular Club

Schedule: Monday-Wednesday | Time: 3:00-6:00 PM
Location: On-site school hall / St Theresa Church Hall

PROGRAM OVERVIEW
This music enrichment and extracurricular club provides daily, structured arts instruction during wraparound hours. Pupils engage in music fundamentals, instrument exploration, and collaborative music-making in a safe, supportive environment that promotes creativity, focus, and social-emotional growth.

OUTCOMES

- Increased student engagement in arts education
- Improved collaboration, focus, and self-expression
- Development of foundational music skills

Tiroshkoncept@gmail.com 07563951992

The bulletin for March has been sponsored by Gifty Mensah in celebration of her birthday . Thank you.