



HOLY FAMILY PARISH

NEWSLETTER

www.holyfamilyparish.org.uk



St Joseph's & St Elizabeth's edition
Issue #27

4th Sunday Ordinary Time

Year A

31st Jan / 1st Feb 2026

The beatitudes offer a summary of Jesus' teaching. They are the condensed gospel and need some teasing out to apply them to life. We are aware of political manifestos, statements of what a party stands for, what they intend to achieve if you elect them. This gospel is Jesus' manifesto - that he promises will bring us near to God.

Right from the beginning when Simeon saw him in the temple, he said that Jesus would be a sign of contradiction. Everything he said and did was a challenge to this world's values. Those with power, prestige, and control felt undermined by his message. The religious leaders who were the arbiters of right and wrong, were so threatened by him that they planned his death.

There is a cleansing power in the beatitudes. They are about letting go of things that are not life-giving, and about becoming truly free. They offer guidelines for living, for inner peace and happiness. Spirituality is the work of the Holy Spirit - about letting go, so as to be free in God's sight.

We walk by Faith, and Not by Sight

Memorial of St. Blaise 3rd Feb (Blessing of Throats)

On the Feast Day of St. Blaise, the Church recalls a miracle cure associated with him and celebrates the blessing of the throats with candles. St. Blaise said that anyone who lit a candle in his memory would be free of infection, thus candles are used in the traditional throat blessing. The candles (blessed on Candlemas Feb. 2) are crossed against the throat, and the following prayer is said:

Through the intercession of Saint Blaise, bishop and martyr, may God deliver you from ailments of the throat and from every other evil. In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

Feb 2026

Sat	31 st	18:30	
Sun	1 st	18:30	Renee & Rey Dias, SI
		09:15	Rod Brooking, RIP Halina Skuza, A
		11:00	Desmond Quigley, A
		17:00	Mass of the Parish of Holy Family
Tue	3 rd	10:00	Deceased member of McLoughlin Family
Wed	4 th	10:00	Rev John Lord Lewington, FM
Thu	5 th	10:00	Fabiola Angel Costa, SI
Fri	6 th	10:00	Mass of the Sick & Housebound (7pm in SEC)
Sat	7 th	10:00*	Rodrigues Family, SI
		18:30	Coleman Family, FM
Sun	8 th	08:00	Mary & Michael Carrigan, A
		09:15	Louisa Coleman, FM
		11:00	Antonio Cardoso, SI Elizabeth McKeon, A
		17:00	Mass of the Parish of Holy Family

Adoration*9-10am Confessions Sat after 10am Mass / before 6.30pm Mass
A: Death Anniv; FM: Foundation Mass; RIP: Rest in Peace, SI: Special Intention

1st: Zep 2:3; 3:12-13 In your midst I will leave a humble and a lowly people.

Ps 145 R/ **How happy are the poor in spirit; theirs is the kingdom of heaven**

2nd: 1 Cor 1:26-31 God chose what is foolish by human reckoning.

Acclamation: Alleluia! Blessed are you, Father, Lord of heaven and earth, for revealing the mysteries of the kingdom to mere children. Alleluia!

Gospel Mat 5:1-12 How happy are the poor in spirit!



LAST CALL

Our current records system is being replaced this weekend! Please sign up at www.stjosephsparish.co.uk to keep receiving the enewsletter and for us to serve you better!



GIVE DRINK TO THE THIRSTY

This month, we are focusing on The Thirsty. By donating drink to the Thirsty, we are providing life-saving nourishment to those in need. Our donations, when put together, make a significant difference to "those who Hunger and Thirst". Contributions of bottled /carton drinks, dried/tinned food & clean, warm clothing are welcome at this difficult time also. Thank you for your generosity!

Formation Morning: Extraordinary Ministers of Holy Communication

Fr Anthony Fyk, Director of Liturgical Formation and the Liturgy Formation team invite you to a formation morning at **St Peter's Pastoral Centre**, Winchester on **Sat 9th May** commencing with Mass at 9 am. There will be a welcome session from Fr Anthony, a talk focussing on the Eucharist in the sacred scriptures as well as a session on Lectio Divina: "Living a Eucharistic life – what does it mean to live out the eucharist?" All Eucharistic Ministers, experienced and new, are very welcome to attend. If you wish to attend, please register via liturgy@portsmouthdiocese.org.uk

Our Dona Machines are getting an upgrade! Please do put in your GA info again, and the system will remember it – we do not keep your GA info!



St Mary's Catholic Pre-School September 2026 intake. Pop into the school for an application form or contact 01628 627013 to book an appointment!

CLASSES/ EVENTS IN SJ CENTRE

See notice board/ website (some are privately run)

- **Tuesdays: Practical Art** Join U3A untutored Art Group. Bring your art materials and join in the fun every 1st & 3rd Tuesdays 2-4pm in SJ Hall. Contact Peter 01628 674097
- **Wednesdays: 5-6pm Taichi** in Hall.
- **Thursdays 7pm** Yoga with Una in Hall. All proceeds to SJ!

OUTSIDE OUR PARISH EVENTS / PILGRILMMAGES

- **7 Feb 6pm Evening of vocal & piano music** Tickets £10 from urcconcerts@gmail.com Mhead URC, West Street, SL6 1R
- **19 Feb 7.30pm An evening with Gold Medalist Paralympian Olympics 2012 Naomi Riches MBE** at M'head Rugby Club for Sequela Foundation - supporting people with neurological conditions. <https://www.eventbrite.co.uk/e/an-evening-with-naomi-riches-mbe-tickets-1980549641292>
- **9 Feb 5N Lourdes Coach tour** £590. To book: 07957 594646
- **6 Mar 2pm World Day of Prayer** hosted by United Reformed Church (West Street) followed by refreshments. The women of NIGERIA produced this year's service. Please, tell any of your Nigerian friends in the area so that they can be sure to attend.
- **8 Mar 5N Escorted Tour: Westport, Knock & Co Mayo** £899 01268762278/ 07740175557/ knockpilgrimimages@gmail.com
- **1 Jun 5N Assisi Pilgrimage** jcjourneys.com/assisi-june-2026



HFP: Holy Family Parish

SE: St Elizabeth's **SEC:** St Edmund Campion

SJ: St Joseph

STM: St Thomas More

CHOIR THEY WHO SING PRAY TWICE



Singers & musicians needed to join our 11am Choir. Rehearsals on Sundays 10.15am. Just come along or contact Claire claire@stjosephs.org.uk

HAPPENING IN THE PARISH



REGULAR EVENTS

- ❖ **3rd Sundays 3pm Filipino Mass** SJ Church
- ❖ **Mondays 10am Mother's Prayers** SJ Church
- ❖ **1st & 3rd Tuesdays 2.30 – 4.30pm Union of Catholic Mothers (UCM)** SJ St Liz Room
- ❖ **Thursdays Zoom Room: 2pm Rosary**
- ❖ **6pm Journey together through Holy scriptures** www.tinyurl.com/2hz5axvp
- ❖ **Fridays 8.45-10:45am Baby & Toddler Group** SEC Centre (term time)
- ❖ **6pm Legion of Mary** SJ Church. Contact Tereza for more info 07878 117907

SACRAMENTALS All **forms** can be found here: <https://stjosephsparish.co.uk/newsletter/>

🔥 **Baptism Course 3 Feb** For expecting parents and parents whose child(ren) is being baptised in M'head

♥ **Marriage:** Thinking of getting married? Enquire via our online form!

♥ **Retrouvaille** brings hope & healing to relationships. **12 Feb.** www.retrouvaille.org.uk Tel: 07887 296983

Confirmation & First Holy Communion Classes:

○ **FHC Stage 2:** Next class **SJ: 9.30am 8 Feb.** Please refrain from bringing devices to class/church.

🔥 **Confirmation** Next class **SEC: 31 Jan 4.30pm** school. Please bring along your Mass attendance cards.

🕯 **OCIA:** We continue to pray for our candidates as they prepare to be fully initiated on 4 April (Easter Vigil)

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