



Newsletter for
week commencing
25 January 2026

Third Sunday in
Ordinary Time
(Year A)

Sacred Heart and Saint Alban Parish Priest : Canon Christopher Cunningham Deacon : Rev Terry Dolan: 01925 492857 Prison Chaplain : Fr James Fasakin C.S.Sp	Tel: 01925 630928 (Parish Office) Office hours: Monday-Friday (8.30am-1.00pm) Email : stalbanspriory@rcaol.org.uk Website : www.sacredheartandstalban.org Facebook : Parish of Sacred Heart and St Alban Warrington
Saint Joseph Parish Priest : Fr Raymond Anyanwu C.S.Sp Deacon : Rev John McClure (Retired) 01925 723146	Tel: 01925 722105 Office hours : Monday-Friday (9.00am-12 noon) Alternative Tel : 01925 631086 Email: stjoseph.warrington@rcaol.org.uk Website : stjosephpenketh.co.uk Twitter : @StJosephs_RCC Facebook : www.facebook.com/groups/stjorc
Saint Paul of the Cross Parish Priest : Fr John Schofield	Tel : 01925 226184 (Parish Office) Office hours: Monday-Friday (9.30am-2.00pm) Email : stpaulofthecross@rcaol.org.uk Facebook : St Paul of the Cross UK
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Gospel Reflection - Job Vacancy

It is at this time of year, when the Christmas holiday is well and truly over and it's time to go back to work, that we wonder what we are really doing with our lives. When we meet the first disciples in today's gospel, they are wondering pretty much the same thing. Were they going to spend out the rest of their lives catching fish, or were they going to follow Jesus and become 'fishers of men'? The early disciples were unerring in their discipleship. They left their nets and followed Jesus 'at once' 'immediately'. There was no doubt in their minds about how they wanted to live out their lives. Discipleship was a job for life.



Jesus' work is never done and there will always be vacancies for new disciples. Discipleship is something akin to an army. Without active supporters, a cause can grow faint. We are not asked to keep Christ's teaching to ourselves, we are asked to be 'fishers of men' always opening up God's opportunities to others. The world is a dangerous place full of greed and extremism. There are too many people in the world who feel that money and coercion are the way to get what they want. There are not enough people who believe that love and respect for every human being they meet might be a better answer.

We might feel uncomfortable with the idea of being 'fishers of men'. It conjures the idea of notching up conversions like some kind of biblical sales person. Today we are asked to sweep our preconceptions aside. Being a 'fisher of men' needs to be about making a real difference in other people's lives by demonstrating our discipleship. Discipleship is a job for life.

Civic Mass

(Sunday 15 February)

The Dean of the Metropolitan Cathedral of Christ the King, Liverpool, Monsignor Anthony O'Brien, has pleasure in inviting you to attend the Annual Civic Mass, celebrated by Archbishop John Sherrington.

Light refreshments will be served in the Gibberd Room after Mass.

We hope very much that you will be able to attend, and we look forward to welcoming you and your guest to the Civic Mass to celebrate all that is good in our City.

If you are able to attend,
please RSVP to :

c.hanlon@metcathedral.org.uk.

Sacred Heart First Holy Communion

Children in Year 4 who do not attend Sacred Heart school, but would like to celebrate First Holy communion this year, are urged to contact the parish office as soon as possible (01925 630928). Preparation will commence on Sunday, 8 February. Thank you

Sacrament of Confirmation for Young People In Year 8 (or older)

The Sacrament of Confirmation will be celebrated for young people in Warrington in June/July 2026. If you would like to be Confirmed, please complete an application form by 31 January 2026. Application forms are available from your school chaplain or from your parish (you can either pick up a form from the back of church or download a form from your parish website).

Application forms should be returned to the school chaplain or to the Dean (Fr Dave Heywood) at St Benedict's Priory, Rhodes Street, Warrington WA2 7QE or frdave@rcaol.org.uk Thank you!

Ministers from Sacred Heart

Anyone who has a ministry role at Sacred Heart Church is asked to contact Margaret at the parish office as soon as possible so that the new rotas can be updated (01925 630928). Thank you

Minutes of St Joseph's Pastoral Council meeting can be found at the back of Church. Please take a copy.

The next meeting of St Joseph's UCM will take place on Thursday, 5 February (12.30-3.30 pm).

Coffee After Mass
Please join us for coffee & refreshments after the 8.30am Mass on Sunday.
This week's hosts are members of the Teams of Our Lady All welcome

Bingo is Back at St Joseph's
Monday, 2 February.
Doors open 1.00 for 1-30pm.
Please join us.

Sponsored Walk For Life
Taking part in a pilgrimage walk can be a meaningful and flexible way to get involved in a sponsored walk for Life. You can choose a route and pace that suits you, walk on a date that fits around your commitments, and even walk with friends or your parish community.

There are many amazing pilgrimage 'ways' and events throughout the year here in the UK.

Visit the [Pilgrim Ways](#) website to discover routes across England and Wales, or check [Elite Adventures](#) (where you can sign up for a challenge and choose Life as your charity). Many Dioceses also organise their own pilgrimage walks that you can join.

We know that organising and fundraising can feel daunting, especially if time or energy is limited – but you won't be on your own. We can support you helping with fundraising ideas, online giving pages, and promotion of your walk within your local community.

Whether you walk a little or a lot, every step you take helps to change and save lives.

St Joseph's Uniformed Groups

Squirrels : Age 4-6 yrs
Monday - 5.15 to 6.00pm

Beavers : Age 6-8 yrs
Thursday - 6.15 to 7.15pm

Cubs : Age 8-10 yrs
Monday - 6.30 to 8.00pm

Scouts : Age 10½ to 14 yrs
Friday - 7.30 to 9.30pm

Contact Ian Baker at
ian.baker@15thStJosephscouts.org.uk.

Church cleaning will take place at St Joseph's this coming Thursday from 9.00 am. Offers of help greatly appreciated.

The Pope's Prayer for January For Prayer with the Word of God

Let us pray that praying with the Word of God be nourishment for our lives and a source of hope in our communities, helping us to build a more fraternal and missionary Church.

In Mark's Gospel, we hear Jesus being asked which of God's commandments is the most important.

Jesus answers

"And you shall love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength." 31

The second is this ...

You shall love your neighbour as yourself." There is no other commandment greater than these. (Mark 12:30-31)

Today I pray that the Word of God may nourish and inspire me in my daily life.

May I be moved to show my love for God and my love for my neighbour more deeply through all that I do.

Please remember in your prayers the following who have died recently : Mary Taylor, John Burke, Fr Michael Felici, Sheila Andrews, Jean Dickeson & Sheila Jilkes. *May they rest in peace.*

Saints for the Week

26 January : Memorial of Saints Timothy and Titus, Bishops. Timothy and Titus were disciples and helpers of the apostle Paul (the former being placed in charge of the Church at Ephesus, the latter the Church at Crete. St Paul wrote his pastoral epistles to them, containing much useful advice for the instruction of the clergy and people.

27 January : St Angela Merici, Virgin. (1474-1540).

Angela took the habit of the Third Order of St Francis and gathered together girls whom she formed in the works of charity. In 1535 she formed at Brescia, the religious institute of the Ursulines (a society of women with the task of teaching poor girls to be good Christians).

28 January : Memorial of Saint Thomas Aquinas, Priest and Doctor of the Church. (c1225-1274). A member of a noble family of Aquino, Thomas was one of the most influential of Christian theologians and philosophers. He studied first at Monte Cassino and then at Naples; later as a member of the Dominican Order, he completed his studies at Paris and then Cologne with St Albert the Great as his teacher, developing his profound synthesis of faith and reason. Besides his commentaries on scripture and the philosophy of Aristotle, his 60-volume Summa Theologica, though unfinished, is a compendium of Catholic doctrine. He also wrote the eucharistic hymns Paris Angelicus, O Salutaris and Pange Lingua. Thomas died at Fossanova on 17 March 1274 and was reburied at Toulouse on 28 January 1369.

31 January : Saint John Bosco, Priest. (1815-1888). Born near Castelnuovo in the diocese of Turin, he had a difficult childhood in poverty but was eventually ordained priest. He put every effort into the education of youth and founded religious congregations which spread globally to teach them and bring them up in the Christian way of life. He also wrote some short works in defence of the faith.

A Gaelic Blessing

May the road rise to meet you,
may the wind be always on your back,
may the sun shine warm on your face,
the rain fall softly on your fields.
and until we meet again, may God hold
you in the palm of his hand

Canon Christopher reflects We often see in the scriptures events that show God conveying messages to people through dreams. For example, God guided Saint Joseph in what he should do to take Mary as his wife and in protecting Jesus and herself when they were in danger. There are times perhaps when we wish God would guide us more clearly to help us to solve problems or make decisions. He does guide us but in many different ways.

Recently, I have suffered from occasional nightmares that at times can be quite distressing. It usually results in my getting out of bed and completing my night's sleep in a comfortable chair. When I was at university one of the courses I followed in Experimental Psychology consisted in a series of lectures on sleep and its effect on our lives. I can't remember much of the detail after more than fifty years but recently I did a bit of investigation to find possible causes. When I studied the small print in my medication, I found that nightmares can be one of the side-effects, but they can also be caused by something we may have consumed in the hours leading up to sleep. Consequently, I try to avoid the cause and effect.

Some of the causes of such dreams are based on recent events or conversations I have had and I usually remember something I have said, heard or done leading up to this time. Nightmares are related also to stress, anxiety and distress that are very much part of life. Even though people will often say "take it easy and rest", that is not always possible. However, the best solution is reflection and prayer, and I always find that works.

As Jesus was human, there were times when he was stressed and anxious, when he would go away to pray alone to his Father in heaven. On the night before he suffered the passion and crucifixion, when he was in the Garden of Gethsemane, so great was his stress that he sweated blood

On this Sunday of the Word of God we can look especially at the words of Our Lord that are so consoling ... "Come to me all you who labour and are overburdened and I will give you rest. Shoulder my yoke and learn from me for I am gentle and humble in heart, and you will find rest for your souls". Fortunately, I have the privilege, of being able to visit Him in the Blessed Sacrament at any moment of the day when I need Him and so I go into the church to speak to Him in prayer.

I share a verse from one of the night prayer hymns in the Prayer of the Church

*When in the night I sleepless lie, my soul with heavenly thoughts supply,
Let no ill dreams disturb my rest, no powers of darkness me molest. Amen*

Class Masses

Fr Raymond has arranged class Masses to take place at St. Vincent's Catholic Primary School.

If you'd like to attend, please call the school on 01925 726544.

Dates are as follows :

- 10 February at 2.00 pm
- 24 March at 2.00 pm
- 22 May at 2.00 pm
- 17 June at 2.00 pm

Visitors & Eucharistic Ministry for the Sick and Housebound or Those in Long Term Care

Please let us know of a friend or a member of your family would benefit from a friendly visit from the parish and/or Holy Communion. Requests may be forwarded to the parish offices

- Sacred Heart & St Alban (01925 630928)
- St Joseph's (01925 722105)

Holy Ghost Fathers and Brothers (Spiritans)

The Spiritans in our region will be celebrating this year's World Day for Consecrated Life (2 February) in St Joseph's, Penketh.

We are all invited to be part of this celebration which is also the anniversary of one their founder Francis Mary Paul Libermann. Mass at St Joseph's at 11.00 am.

St. Joseph's Pantomime 2026

Tickets are now on sale for this year's production....

SLEEPING BEAUTY!

Tickets – Adults : £10.
children of school age : £5.
Be quick, tickets sell out fast!

Show dates and times:

- Sunday 25th January at 1.30pm
- Wednesday 28th, Thursday 29th & Friday 30th January at 7.15pm
- Saturday 31st January at 2.00pm and at 7.15pm.

How can I purchase my tickets?

- From St. Joseph's Parish Centre during opening hours.
- From St. Joseph's Parish Office (9.30-11.30am).
- From the Function room before rehearsals (7.00-7.20pm on Tuesdays, Wednesdays) and Saturdays (1.00 – 1.30pm).
- After the 8.30am and 4.00pm Sunday Masses at St. Joseph's.

Right to Life UK

We pray for all who work in maternity units with expectant mothers, that they may recognise that God is truly with us in each unborn child.
Lord hear us.

Invitation from Ed McGlinchey to St Gregory's Catholic High School

The headteacher (Ed McGlinchey) from St Gregory's would like to welcome parishioners from across the parishes to attend its Masses and Services held in school and share in the faith journey of the school's young people.

Every week the children attend and contribute to the 'Celebration of the Word' events for that week and you are welcome to join them and share the experience. We also have 'class Masses' in the school chapel (subject to the availability of priests).

These events are on a 'first come, first served' basis in order to manage numbers. There is space for around six guests.

If you would like to be part of these events, please email the school chaplain (Suzie Whitlow) at swhitlow@stgregoryshigh.com

The next event takes place on Wednesday, 28 January (9.00-10.00 am) with a class Mass with Year 8K in the School Chapel.
Please report to reception by 8.50 am.

World Leprosy Day

Today is World Leprosy Day. There will be a special collection at St Joseph's to support those affected by this health condition.

St Joseph's Bonus Ball : 21/1/26

No 19 – Andy James (36 numbers sold)

Proceeds from the Bonus Ball will be sent to St Joseph's partner parish in Jifna. Please help support this cause. Details can be found at the back of church

Mass Intentions for week commencing 25 January 2026

	Sacred Heart	Saint Alban	Saint Joseph	Saint Paul of the Cross
Sunday 25 January	11.00 am People of the Parish	9.30 am Carol Messenger (5 th Anniversary)	8.30 am Phil Topham (Anniversary) 4.00 pm John Cummins (RoS)	10.00 am
Monday 26 January			9.30 am Eugene & Sheila Reardon	
Tuesday 27 January		9.30 am Mark Woolley		9.00 am
Wednesday 28 January	6.00 pm Syromalabar Mass		6.00 pm Annette Parker (RoS)	9.00 am
Thursday 29 January		9.30 am Tony Young (Birthday Remembrance)		9.00 am
Friday 30 January	12 noon : Deanery Mass at St John Fisher, Widnes Holy Souls			
Saturday 31 January	5.15 pm People of the Parish			6.00 pm
Sunday 1 February	11.00 am José Antonio Laurencio Costa	9.30 am Deceased Members of the Lamb Family	8.30 am Anthony Bell (Belated Birthday Greetings) 4.00 pm Children of the parish receiving their 1 st Holy Communion this year	10.00 am

Confession	Saturday from 4.30 pm	Saturday from 9.30 am		Saturday 5.15-5.45 pm
Adoration [Exposition]		After the Mass on Tuesday & Thursday	Monday 10.00-11.00 am	

- **Holy Eucharist** - Please note that whilst we can receive the Holy Eucharist under both kinds, intinction (dipping the Body of Christ into the Chalice of His blood) **IS NOT PERMITTED**.

Penketh Support Group Food Hub Meeting Lane Community Centre WA5 2HB. Opening Hours Thursday, Friday & Saturday until 12:30pm. If you require a food parcel please contact Helen on 07415 939808 or email penketh2020@outlook.com	Sanctuary Lamps The Sanctuary Lamps will burn this week for the following intentions : St Alban Mary Taylor (RIP) Sacred Heart Paul Clifton (Anniversary) St Joseph Elizabeth Sheppard (RIP) St Joseph's Marian Candle Pat Harless (30 th Anniversary)	The Requiem Mass for Mary Taylor will take place on Friday, 20 February at 2.15 pm at St Oswald's, Padgate. May she rest in peace.
The Legion of Mary meets on Tuesdays at 1.30 pm in the Loreto Room [behind St Joseph's Church]. All welcome		Reflection on the Conversion of St Paul St Paul has but one weapon ...the message of Christ and the gift of his entire life for Christ and for others. It is precisely this readiness to lay himself open, personally, to be consumed for the sake of the Gospel, to make himself all things to all people, unstintingly, that gives him credibility and builds up the Church.
Why not visit our website and keep up-to-date on all the news at www.sacredheartandstalban.org or follow us on Facebook @ Parish of Sacred Heart and St Alban Warrington Why not take a moment to check in - you may find something of interest		Jesus calls his disciples and he also calls us to follow him. Jesus describes how his followers who share his power with others must live. They are to go forth two by two and live as workers bringing in the harvest that is given by God (which they did not necessarily sow). • They are to live with courage, but as lambs among wolves, non-violently, protectively, keeping the flock together, without scandals and without reliance on a purse (money) or more than what they need for the moment. • They are to bring peace and share what is given to them, not looking for a better deal with others. • They are to heal (bring medicines and healthcare, hope, dignity and a sense of life for the further and preach God's kingdom of just and peace so near to us). These are the roles and ways of bishops along the Way of the Lord.
Please visit St Joseph's website for all its news, Mass times, newsletter and much more! www.stjosephpenketh.co.uk		
Please ensure that your mobile phone is switched off whilst you are in Church. Thank you.		