



Newsletter for
week
commencing
8 February 2026

Fifth Sunday in
Ordinary Time
(Year A)

<p>Sacred Heart and Saint Alban Parish Priest : Canon Christopher Cunningham Deacon : Rev Terry Dolan: 01925 492857 Prison Chaplain : Fr James Fasakin C.S.Sp</p>	<p>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</p>
<p>St Joseph Parish Priest : Fr Raymond Anyanwu C.S.Sp Deacon : Rev John McClure (Retired) 01925 723146</p>	<p>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</p>
<p>Saint Paul of the Cross Parish Priest : Fr John Schofield</p>	<p>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</p>
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Gospel Reflection - Salt of the Earth and Light of the World

Today Jesus gives his disciples a compliment. If we live by our faith, we his disciples will become the salt of the earth and the light of the world. But the compliment comes with a warning! If the salt loses its taste it is worthless, and if we hide the light underneath a bowl it fails to serve its purpose. Sounds silly doesn't it? Why on earth would we go around hiding lights underneath bowls, yet we do it all the time!



We deny the salt and hide the light every time we keep our faith to ourselves. You often hear people claim that their faith is strictly a personal thing.... something just between themselves and God. But what use is a belief that doesn't impact on those around us? What good is a faith that does nothing to make the world a better place? We deny the salt and hide the light every time we keep quiet instead of speaking out. It isn't fashionable to be a Christian nowadays. It's all too easy to keep quiet in the face of uncomfortable issues. It's too easy to turn a blind eye to injustice. It's too easy to side with selfish politics. It's too easy for us to laugh at an unkind joke or let our children watch programmes that promote values contrary to our Christian belief.

Remember today somebody in your life who Jesus might have described as the 'salt of the earth'. Remember how that person inspired, motivated or impressed you. Remember how you admired that person for being true to themselves instead of bending to the fashionable point of view. Somebody once said that Christianity is infectious, when we see a shining example we want to emulate it. Could we too become shining examples of Christianity? Could Jesus give us the same compliment as those original disciples? Light of the world. Salt of the earth.

Our Lady of Lourdes
(11 February)



In the year 1858, the immaculate Virgin Mary appeared to 14-year-old Bernadette Soubirous near Lourdes in France, in the grotto of Massabielle. Through the poor child, Mary called sinners to penance and thereby there arose in the Church a marvellous spirit of prayer and charity, especially in helping the poor and the sick who visit the Shirin built around the site. The miraculous healing in 1923 of Jack Traynor during the first Liverpool archdiocesan pilgrimage to Lourdes was declared in 2024.

Sacred Heart First Holy Communion

The children began their first session TODAY (Sunday) in Sacred Heart Church. Dates for the forthcoming sessions are – 8 March, 26 April and 10 May. All sessions begin at 9.45am, followed by 11.00am Mass in Sacred Heart Church. Mass is compulsory and attendance will be monitored. The First Holy Communion will take place on the 16 May at 11.00am. *Please keep the children and their families in our prayers as they begin their Sacramental preparation.*

Sacrament of Confirmation or 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. 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!

Free Children's Choirs – Open to All Children in Years 2–8!
Exciting opportunities for young singers to join a Catholic children's choir in your area! Open to all children in school years 2 to 8, our choirs offer free musical training led by DBS-certified musicians from the Archdiocese of Liverpool.

Rehearsal Information:

- **Knowsley Catholic Children's Choir** - Wednesdays, 4–5pm
Space Centre, St Columba's Catholic Primary School, Hillside Road, Huyton, L36 8BL
- **Widnes Catholic Children's Choir** - Mondays, 4–5pm
St John Fisher Parish Centre, 55 Moorfield Rd, Widnes, WA8 3JA
- **Liverpool Catholic Children's Choir (Central)** – *New from March 2026!* - Mondays, 4:30–5:30pm
Liverpool Metropolitan Cathedral, Mount Pleasant, Liverpool, L3 5TQ
- **Liverpool Catholic Children's Choir (South)** – *New from March 2026!* - Tuesdays, 5–6pm
St Mary's Church – Parish Hall, Church Rd, Liverpool, L25 5JF

Choir members will have the chance to perform locally and further afield, developing their musical skills while enjoying a fun, supportive environment.

Sign up at: <https://liverpoolmetrocathedral.us8.list-manage.com/subscribe?u=7578a4f8bc41ae198517aea33&id=34918afe>

Carlo Acutis : First Class Relic and Exhibition of Eucharistic Miracles - Our Lady and All Saints Church, Parbold (Lancaster Lane, WN8 7HS) are privileged to be able to host a First Class Relic of Saint Carlo Acutis for nine days in February.

At the same time, they will hold an exhibition of 30 Eucharistic miracles he curated. Each miracle will be displayed alongside historical details and scientific analysis. The Exhibition will be in the adjacent **Our Lady and All Saints school** (Brandreth Drive, Parbold WN8 7HB) – a short walk from the church.

Both events will run from **Saturday 14th to Sunday 22nd February** and opening times are: Saturdays and Sundays: 11:30am to 3:00pm. Monday to Friday: 11:30am to 3:00pm and 5:00pm to 7:00pm. There is parking and accessibility at both locations and exhibition notes, prayer cards and children's activities will be available at the exhibition. (All children must be accompanied by an adult). Contact details are (01257) 463248, email: parbold@hotmail.com, or via the parish website: www.ourladyparbold.org.uk

Advance Notice of Mass Times on Ash Wednesday (18 February) - St Alban at 9.30 am and St Joseph at 9.30 am and 6.00 pm

Right to Life UK : *On Wednesday, we commemorate the feast of Our Lady of Lourdes and World Day of Prayer for the Sick. Let us especially pray for all those who are nearing the end of their lives, that they may experience God's comfort and peace. Lord hear us.*

St Valentine & St Raphael
Saint Valentine as we all know is the patron saint for lovers, but Saint Raphael is patron for those who are still looking for a partner and are seeking help. So for all those who have no valentine this 14 February.

'Happy St Valentine & St Raphael Day.'

A Thought from a Parishioner

You can easily judge the character of a person by how they treat those who can do nothing for them.

Sts Cyril, Monk and Methodius, Bishop (Patrons of Europe) – 14 February

Cyril (c827-869) was born in Thessalonica, Greece and was educated at Constantinople. With his brother, Methodius, he went to Moravia to preach the faith to the Slavs. They both translated the liturgical books into the Slavonic language using the Cyrillic alphabet which they invented. They were called to Rome, where Cyril died.

Methodius (c815-885) was made a bishop and went to Pannonia (Hungary) where he laboured ceaselessly in preaching the Gospel, while enduring many hardships as a result of jealousy, though he had the support of the Holy See. He died at Velehrad in Czechia.

The brothers were declared co-patrons of Europe, along with St Benedict, by the first Slav Pope in 1980.

RCIA (Rite of Christian Initiation of Adults)
Programme begins this coming Thursday (12th) at 6.00 pm in St Joseph's presbytery. Further sessions will take place on 19th & 26th February.

Fr James' Golden Birthday Thanksgiving Mass - Please join us for Fr. James's 50th Birthday Celebration Mass at 4.00pm this coming Friday (13th). A Reception will follow immediately after Mass in the Parish Centre.

Catholic Family Retreat at Castlerigg Manor : 27-29 March £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.

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 information visit .. castleriggmanor.com

St Joseph's Bonus Ball : 28/1/26
No 05 – Aileen Dunn (34 numbers sold)

St Joseph's Church Cleaning
Will take place this coming Thursday from 9.00am. Help always appreciated.

St Joseph's UCM Saturday, 14 February
Archdiocesan Business Meeting
Please meet at the car park at 12 noon

The next meeting will take place on 19 February (12.30-3.30 pm)

Adventurous Accompaniment - Do you work with people in the church, or are you interested in doing so? Have you ever thought about how can you become an Adventurous Accompanier?

Adventurous Accompaniment focuses on walking alongside people in their faith journey. It emphasises listening, presence, and empowering individuals to discover their own path, rather than directing them.

Through the journey of a 6-week programme including 3 full-day workshops, you will not only explore the core principles of accompaniment but also going in-depth to embed those principles in practice.

All costs of the programme will be covered by the archdiocese. Please register online if you are interested. Sign up at <https://archdioceseofliverpool.org/accompaniment> For enquiries, please contact Moses Mui, Training Coordinator at m.mui@rcaol.org.uk

You will choose either one workshop for each weekend when you sign up.

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

Please note that the office at St Joseph's will be closed on Monday, 16 February and will reopen on Tuesday, 17 February

The Pastoral Development Bulletin (including resources, opportunities and events within the Archdiocese of Liverpool as well as information from other Catholic organisations) is available to download. Please use the links below or see the notices at the back of our churches.

- Adventurous Accompaniment
- Lenten Retreat for Young Adults
- Archdiocese of Liverpool Alpha Course
- Marriage Preparation Catechist Training
- Marriage and Family Life Mass 2026

Canon Christopher reflects ... Recently, I have been dipping into a book entitled 'Everyday Simplicity' with the subtitle 'A Practical Guide to Spiritual Growth'. It is a reminder that we cannot stand still in our growth in faith, our relationship with God and with each other. We must be always progressing and moving forward, otherwise we are forced back by the stream of modern life to be overwhelmed, to sink and to drown.

For many people being busy is the stuff of modern life. Perhaps we have to earn our living, and/or bringing up a family with all the stresses that are involved. It is difficult to find a place or moment where we can be quiet. There are so many things intruding on our lives and it is difficult to escape. It may be hard to stop, sit quietly and reflect or think. If the television is not continuously on, as I have experienced in some homes, there is still the temptation to reach for the remote control 'to see if there is anything worth watching'.

The other big intrusion is of course the mobile phone. Together with other communication gadgets such as iPads and tablets which are wonderful inventions and so much part of people's lives that we are lost without having something immediately at hand. I must admit that I do rely on my phone for many things; it is a very useful tool for social interaction but mostly to help me keep in touch with important things I must do. If I do have a quiet moment, I resist the temptation to pick up the phone with no particular purpose.

I may have said this previously, but I find it unbelievable that so many people will walk around the streets with a phone in their hands and even worse will be looking at the screen and reading what is in front of them whilst ignoring everyone and everything around them. The worst thing is to see someone crossing the road in front of the car in busy traffic whilst having a conversation on the phone (some even pushing prams/pushchairs!).

In recent weeks, in addition to the headlines on radio and television about that unmentionable political issue that will not go away, there have been serious discussions about the use, abuse and harm that comes from the use of mobile phones by young people. Many other countries have legislated about banning them in schools during the school day. The evidence is that there is much improvement in attentiveness, concentration and learning when this distraction has been removed. I find it remarkable that we cannot go ahead and do the same in this country. There will always be people who object because they might say it is taking away freedom, but I suspect most sensible parents will be in favour of such a ban for the benefit of our young people.

As we approach Lent (beginning in ten days' time), surely this is a time to take the opportunity to change our behaviour and attitude make better use of time. When Lent begins, let us not drift into it but make a practical and positive effort to grow in our spiritual lives. This will not be in some exotic, unreachable place but right where we are in the midst of all the craziness that seems to be taking over our lives.

Come Holy Spirit, be our strength, guide and support through all our endeavours. Amen

Baptism Preparation

If you are hoping to have your child baptised at Sacred Heart or St Alban's Church in the near future you will need to attend a preparation session. Please contact the Parish office or Anne Preston (07913003537) for more details. Thank you

Civic Mass

(Sunday 15 February)

The Dean of the Metropolitan Cathedral of Christ the King, Liverpool, invites 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. RSVP to c.hanlon@metcathedral.org.uk

St Gregory's Catholic High School

The next events take place as follows : Thursday, 12 February (11.20 am-12.20pm) Mass with Class 8M in the school chapel and Friday, 13 February : Celebration of the Word with Year 7.

Theme : Mental Health 'Awareness Week delivered by Mrs O'Kane and Mental Health Ambassadors.

If you would like to be part of these events, please email our school chaplain, Suzie Whitlow on swhitlow@stgregoryshigh.com Do remember that spaces are limited.

Class Masses - Fr Raymond has arranged class Masses to take place at St. Vincent's Catholic Primary School. If you would 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

Cardinal Vincent Nichols has stepped down from his office as Archbishop of Westminster after 16 years of service in this role.

We are aware that he was a priest in this Diocese and came from Liverpool where he served prior to becoming Bishop and then Cardinal.

In his homily, the Cardinal said ... *"Here there is a new summons for me, a summons to use time more carefully in coming closer to the Lord, to spend more time in his presence now that the demands of this office are lifted.*

So please pray for me that I may have the radical trust in the Lord that was asked of the disciples as they set out on their new mission. Be sure of my continuing prayers and service for you all, for this beloved Church of Westminster and, of course, for our new Archbishop, as he, in turn, accepts the call of the Lord".

On Saturday, 14 February at 12 noon the Most Rev Richard Moth will be solemnly installed as the 12th Archbishop of Westminster. This will be broadcast live from Westminster Cathedral on YouTube.

Mass Intentions for week commencing 8 February 2026

	Sacred Heart	Saint Alban	Saint Joseph	Saint Paul of the Cross
Sunday 8 February	8.00 am Syromalabar Mass 11.00 am Jean Dickeson	9.30 am People of the Parish	8.30 am Linda Sime (RoS) 4.00 pm Joan Conyngham (Anniversary)	10.00 am
Monday 9 February			9.30 am Mary & Jim Maguire (RoS)	
Tuesday 10 February		9.30 am Deceased Family		9.00 am
Wednesday 11 February			6.00 pm Mary Povey (Birthday Remembrance)	9.00 am
Thursday 12 February	11.20 am St Gregory's Chapel Class Mass	9.30 am Sheila Andrews (RoS)		9.00 am
Friday 13 February	9.30 am John Burke (RoS)		9.30 am Joanne Madson (Get Well) 4.00 pm (Mass) Fr James' Birthday	
Saturday 14 February	5.15 pm John Hanratty (RoS)			6.00 pm
Sunday 15 February	11.00 am Margaret Riding (RoS)	9.30 am People of the Parish	8.30 am Maria Herrick (RoS) 4.00 pm Tony Carter (Belated Birthday Wishes)	10.00 am
Confession	Saturday from 4.30 pm	Saturday from 9.30 am	Wednesday 5.15 pm-5.45 pm	Saturday 5.15-5.45 pm
Adoration [Exposition]		After the Mass on Tuesday & Thursday	Monday & Friday 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

The Legion of Mary meets on
Tuesdays at 1.30 pm in the
Loreto Room [behind St Joseph's
Church]. **All welcome**

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

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.

Sanctuary Lamps
The Sanctuary Lamps will
burn this week for the
following intentions :

St Alban
Dave Abbott (Sick)

Sacred Heart
Angela Batey

St Joseph
Eileen Locke

**St Joseph's Marian
Candle**
Annette Parker (RoS)

Please remember in your
prayers the following who
have died recently :
Mary Taylor, John Burke,
John Hanratty, Denis
Fletcher, Alex Baxendale,
Sheila Andrews, Dorothy
Goulden, Dom Marshall
and Gay Jinks

Mary they rest in peace.

FUNERALS

Week commencing 9 February

Funeral Service for Dorothy Goulden on Tuesday,
10 February at 1.15 pm at St Joseph's

Week commencing 16 February

Requiem Mass for Mary Taylor on Friday,
20 February at 2.15 pm at St Oswald's, Padgate

Week commencing 23 February

Requiem Mass for John Burke on Tuesday,
24 February at **10.00 am** at Sacred Heart

May They Rest in Peace

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.