



Newsletter for
week commencing
1 February 2026

Fourth 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 - Think Again!

Today we listen to Jesus' most famous sermon; a list of promises to the poor, the meek and the merciful that we now call 'The Beatitudes'. "Blessed are the poor in spirit for theirs is the Kingdom of Heaven," promises Jesus, "Blessed are the meek, blessed are they who are persecuted for the sake of righteousness."



Is Jesus telling us we can only be blessed if we make ourselves poor? Is he telling us to sit back meekly and let others walk all over us?

Is Jesus encouraging us to go out and actively invite persecution and insult?

It's difficult to embrace Jesus' values because we have been brought up to value everything that Jesus does not. From an early age we have been taught to work hard at school so that we will get a good job and earn lots of money. We are scolded for not speaking up for ourselves and applauded for pushing ourselves forward. Our culture is all about winning, prestige and material success.

The challenge we find in the Beatitudes is to work contrary to our human instincts in order to find true happiness and fulfilment. Our instincts are to amass wealth, earn fame, and bask in our perceived self-importance. It is often our cowardly instinct to turn a blind eye to injustice or to fail to stand up for what we believe because we are afraid of ridicule. It is the instinct of governments to engage in conflict in the pursuit of material gain and power.

In his sermon, Jesus was not suggesting we live in dire poverty or become human doormats for the sake of it. Rather Jesus is asking us to look again at our values. We are asked to look at the things that we think will bring happiness. Jesus challenges us to think again.

World Day for Consecrated Life (2 February)

In 1997, Pope Saint John Paul II instituted a Day of Prayer for Women and Men in Consecrated Life.

This celebration is attached to the Feast of the Presentation of the Lord on 2 February. This Feast is also known as Candlemas Day; the day on which candles are blessed symbolising Christ who is the light of the world. So too, those in consecrated life are called to reflect the light of Jesus Christ to all peoples.

Although the World Day for Consecrated Life is celebrated on 2 February, it is also celebrated on the following Sunday in order to highlight the gift of consecrated persons for the whole Church.

Please pray for all those who have made commitments in the consecrated life.

Presentation of the Lord (2 February)

Simeon had waited all his life to see Jesus. The Holy Spirit had promised him that he would live long enough. When Mary and Joseph presented the baby at the temple, Simeon said, "Now, Lord, you have kept your promise, and you may let your servant go in peace. With my own eyes, I have seen your salvation, which you have prepared in the presence of all peoples."

Seeing Jesus satisfied Simon's life. We are prompted to ask what would satisfy us in our lives. Are the goals we set worth a lifetime of wanting, as Simeon's was?

Come & See Day 'Lord Teach us to Pray'

Saturday 7 February 10am-4pm

Nicholas King will be the keynote speaker at this week's Come & See Day at Irenaeus. Please come along to The Irenaeus Centre, 32 Great Georges Road, L22 1RD and bring a packed lunch. The event is free, with a suggested donation of £10.

Contact Jenny@irenaeus.co.uk or call 0151 949 1199 for more information

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.

Coffee After Mass

Please join us for coffee & refreshments after the 8.30am Mass on Sunday.

This week's hosts are members of the Craft Group
All welcome

Bingo is Back at St Joseph's

Monday, 2 February.

Doors open 1.00 for 1-30pm.

Please join us.

St Joseph's UCM

Thursday, 5 February at 1.00pm

Shared Lunch.

Please bring subs for 2026

Thank you

Rite of Christian Initiation of Adults (RCIA)

Are you interested in becoming a Catholic? Were you baptised in another Church and have been attending the Catholic Church but not fully integrated into the Catholic? Register now for RCIA (Rite of Christian Initiation of Adults) program. Contact St Joseph's office and enjoy the forthcoming course.

Have you already registered for the RCIA programme in our parishes? If you did please note that there will a very important meeting on Tuesday, 3 February after the 6.00 pm Mass. Please make every effort to attend.

Pastoral Development Bulletin

including resources, opportunities and events within the Archdiocese of Liverpool as well as information from other Catholic organisations.

To download your bulletin, please use the following links or see the notices at the back of church..

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

RIGHT TO LIFE UK

As we celebrate the Presentation of the Lord on Monday, let us pray for all new parents and pregnant mothers. During this transitional time, amidst the challenges, may they too see the light their child brings and find the support they need in our community.
Lord hear us.

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

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.

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 & Saint Alban Parish Safeguarding Reps - Irene Crowder, Margaret McGrath and Paul Towey

Adventurous Accompaniment

Do you work with people in the church, or are you interested in doing so? Have you ever thought about how you can 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 go 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.

St Joseph's Bonus Ball : 28/1/26

No 15 – Unsold (38 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

Saints this Week

- 3 February : Saint Blaise, Bishop & Martyr
- 3 February : Saint Ansgar, Bishop
- 5 February : Saint Agatha, Virgin & Martyr.
- 6 February : Saint Paul Miki & Companions, Martyrs

Canon Christopher reflects You may be inclined to say and agree with the phrase that "Times they are a-changing". It applies to many levels of society. Elderly people use it more often as they like remember 'the good old days'.

At this time of year we usually receive an invitation from the town hall to give the annual information about our parish and school participation that is required to prepare for walking day. The reaction is always to say, 'what's the hurry' as it does not take place for another six months. However, as with many big events in life people do not realise the work that goes on behind the scenes. Things don't just happen without people taking responsibility and to make them happen.

This week with several representatives from the parish and the school I attended such a meeting at the Town Hall. Usually there is a poor response to this invitation, but this year, the numbers attending reflected the awareness that there is a threat to Walking Day taking place. We cannot deny that times have changed and so has the community in the town. For many people there is little understanding of the importance and meaning of it since they have not grown up here.

We were made aware at the meeting that the event is very expensive to the Council budget for the year being in the region of many thousands of pounds so that money for other important needs will not be available. Security and safety for the participants is vital and made clear in the light of recent events in other towns when lives were put in danger due to the behaviour of people who seem to have no respect for life. This is very expensive and the support of the police which has effectively been withdrawn, and being no longer available the protection must be secured, hired and paid for. 'There is nothing cheap these days'.

Suffice it to say at this stage, questions are being asked as to whether Walking Day should go ahead or at least take on a different format. In the light of its origin about 140 years ago, it is principally a witness to the Christian Faith but as times have now changed, perhaps there is need to do this in a different way. A Steering Group that will meet in a few days' time, has been set up led by the Rector of Saint Elphin's to look to the future.

On another thoughts, you have already been made aware of other changes that are taking place within the Archdiocese and especially in the parishes of our deanery. I hope you read and absorbed what Archbishop John said in his message to us a couple of week ago. Inevitable changes cannot be ignored since they will affect all of us in some way or other. We are part of a pilot scheme and are now undergoing an audit of the parishes, that is, we are looking at what we have and what we are.

At Masses this weekend, you are asked to take a copy of a questionnaire to get an impression of what people think of each of our churches/parishes. **We ask that you return your responses to the church next weekend.** Please see further reference to this below.

In conclusion, I am very grateful to those who do so much to support us in so many different ways as well as helping in this process. However, I do ask for more involvement, and I will be asking people to help. Among the community there are many talented people with opinions and skills which should be shared. When the Archbishop visits us in the few weeks' time, he will be asking groups of people what we have achieved and we need to be able to tell him. Let us be aware that the Lord is with us always in our endeavours to build up the Church now and in the future. Amen.

West Warrington Family of Parishes Pastoral Development Strategy Questionnaire

As we step into 2026, our Archdiocese is blessed with exciting opportunities to reflect Christ's presence and respond with hope to the challenges of our modern world here in Liverpool. These times invite us to embrace renewed faith, vibrant mission, creative action, and deep trust in God's guidance.

We are part of an inspiring Archdiocesan-wide discernment process within our deanery—centred on mission and shared responsibility—where every voice and every prayer truly matters. This journey builds on the grace of our Synod 2020 and the Archdiocesan Pastoral Plan, calling us forward together.

A questionnaire is available in each church and on the parish website and is one way that parishioners are able to take part in this strategic plan. In answering this questionnaire, we can get a true picture of the feelings and views of our parish as a whole. Please return this questionnaire to church by next weekend (7/8 February). Thankyou

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!

Sacred Heart First Holy Communion

The children will begin their First Session on 8 February in Sacred Heart Church at 9.45am. 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 11am.

Please keep the children and their families in our prayers as they begin their Sacramental preparation.

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.

Thankyou

Mass Intentions for week commencing 2 February 2026

	Sacred Heart	Saint Alban	Saint Joseph	Saint Paul of the Cross
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
Monday Presentation of the Lord		9.30 am Private Intention	11.00 am Spiritans Mass	
Tuesday 3 February		9.30 am Special Intention (M&V)		9.00 am
Wednesday 4 February			6.00 pm Annette Parker (RoS)	9.00 am
Thursday 5 February		9.30 am – Peter Man (died in the fire in Hong Kong)	10.00 am Requiem Mass Sheila Andrews	9.00 am
Friday 6 February	7.30 pm Annette Parker		9.30 am Nan Kenny	
Saturday 7 February	5.15 pm Michael Birchall			6.00 pm
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

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 and Thursday	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.
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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 Julie Roberts (Sick) Sacred Heart Jack Crowder (Birthday Remembrance) St Joseph Fr Raymond & St Joseph's Parishioners St Joseph's Marian Candle Holy Souls	FUNERALS Week commencing 2 February Requiem Mass for Sheila Andrews on Thursday, 5 February at 10.00 am at St Joseph's 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 1.00 pm at Sacred Heart
The Legion of Mary meets on Tuesdays at 1.30 pm in the Loreto Room [behind St Joseph's Church]. All welcome		MAY THEY REST IN PEACE
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 remember in your prayers the following who have died recently : Mary Taylor, John Burke, Kevin Tobin, Sheila Gilkes, Peter Man (in fire in Hong Kong), Alex Baxendale, Sheila Andrews and Dorothy Goulden <i>May they rest in peace.</i>	Message from Lynn Pester Lynn Pester would like to thank everyone for their cards and support during the recent loss of her mother, Norma. Special thanks also to Fr Raymond, Deacon John, Canon G Browne and Pat & Tony Banks. Your support has greatly helped during this difficult time. Mass will be offered for your Intentions.
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.		