

FOURTH SUNDAY IN ORDINARY TIME (A)				Racial Justice Day
Saturday 31st	Monkwick	5.00 pm	Private Intention	
Sunday 1st February	Church	8.00 am	Private Intention	
	Church	10.30 am	Parishioners	
	Church	2.00 pm	Polish Mass	
	Church	4.00 pm	Filipino Mass	
	Church	6.30 pm	Ints: Gustav Ren	
	West Mersea	8.30 am	Private Intention	
	Mile End	9.30 am	Ria + Ben Stekelenburg RIP	

Monday 2nd			The Presentation of the Lord	
	Church	9.30 am	Mrs Joyce Wroble RIP	

Tuesday 3rd			St Anne Line, M	
	Church	9.30 am	Carole Conway, Keith Johnson RIP	

Wednesday 4th			Feria	
	Church	9.30 am	Frederick, Elizabeth + Angelo Lucas	
 Polish Service	Church	10.45 am	Funeral Mass: Ewa Podbereska RIP	

Thursday 5th			St Agatha, V, M	
	Church	9.30 am	12 th Anniversary: P. J. Kurian RIP	

Friday 6th			SS Paul Miki and Comps, Mm	
	Church	9.30 am	Anniversary: Mr. Jose Vadakepeedika RIP	
	Church	11.00 am	Funeral Mass: Philomena Jean Smith RIP	

Saturday 7th	Church	9.30 am	Memorial of the Blessed Virgin Mary	
			Philip Beatham RIP	

FIFTH SUNDAY IN ORDINARY TIME (A)			
Saturday 7th	Monkwick	5.00 pm	Private Intention
Sunday 8th	Church	8.00 am	Robin Ragu RIP
	Church	10.30 am	Ursula + Chase Harrison RIP
	Church	2.00 pm	Polish Mass
	Church	6.30 pm	Parishioners
	West Mersea	8.30 am	Private Intention
	Mile End	9.30 am	Private Intention

- ❖ For Baptisms, Weddings and Funerals, please email or contact our parish office.
- ❖ Marriage Preparation: Please be aware that 6 months' notice of intention for Marriage is required especially if marrying outside the Parish. Couples who are planning to get married should contact us **at least 6 months** in advance. Thank you.
- ❖ Sacrament of Reconciliation (Confession) Saturdays after 9.30am Mass (Priory Street) and after 5.00pm Mass (Monkwick).
- ❖ Church Loop System: Please note that the Church loop system serves all the seats in the centre Nave but not the aisles or the chancel.
- ❖ Mass Intentions. Envelopes are available in Church Porch and are situated either side of Church entrance, A suggested minimum stipend is £10 per Mass.

- **Cardinal Bourne Hall Enquiries/Bookings:** colchester@brcdt.org
- **SVP (St Vincent de Paul Society):** Tel: 07493 439427/email: colchestersvp@gmail.com



- * **CUPPA CLUB:** Will meet every Thursday from 10.00am to 11.30am in the Hall.
- * **SUNDAY COFFEE MORNING** after 10.30am Mass in Cardinal Bourne Hall.



Please check out our Facebook page for all the latest Parish/Diocese/Vatican News/ Clergy + Church photos/videos. Please remember to **like** and **follow** our page!

ST. JAMES THE LESS AND ST. HELEN

CATHOLIC CHURCH, COLCHESTER

WITH MERSEA, MILE END AND MONKWICK

1 PARISH, 4 CHURCHES, 1 COMMUNITY



St James the Less & St Helen

Parish Priest:
Assistant Priest:

Fr. Philip Okoli
Fr Gervase Moo CSSp

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St James the Less and St Helen RC Church, Colchester



FOURTH SUNDAY IN ORDINARY TIME (A)

Racial Justice Day

Week Commencing 1st February 2026

Dear friends, last week we heard St. Matthew describing the beginnings of Jesus' public ministry. This week St. Matthew begins the most important summary of the proclamation of the kingdom of God – what we refer to as the “*Sermon on the Mount.*” This great collection of Jesus' teachings begins with the Beatitudes – the Charter of the Kingdom. It is essential to understand these, if we are to understand what we will read in Saint Matthew during the rest of this year: the key, as underlined by the First Reading, is that the values of this world are not the values of the Kingdom of God – the Kingdom will see things turned upside down: happiness and blessing belong to those whom this world would ignore or mistreat. If we truly wish to live out the Gospel, we would do well to reflect on the virtues laid out in this familiar passage. Peace be with you.

Fr Gervase

PLEASE SEE MASS SCHEDULE FOR ALL CHANGES

DAILY (Mon-Fri)	Rosary/Divine Mercy	at 8.45 am
DAILY	Morning Prayer	at 9.15 am
CHRISTIAN MEDITATION	Wednesdays (Cardinal Bourne Hall)	at 8.00 pm
LEGION OF MARY	Fridays (Cardinal Bourne Hall)	at 7.30 pm



THE POPE'S INTENTIONS 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.

MARRIAGE MATTERS: (Zephaniah 2:3; 3:12-13 1 Cor 1:26-31 Matt 5:1-12) ***Being human - we are human be-ings, not do-ings.*** With the ever-increasing pace of life, when do we get a chance 'to be'? Today, the Word of God is intended to relate more to the deeper aspects of our humanity and the inner essence of our being, and the qualities of our personhood. It's about the ways we relate to each other in our marriages, our families, our communities

PRAYERS FOR THE SICK: We continue to pray for those parishioners we know who are sick and housebound especially Jimmy Clarin, Edwina Pastor, J Brian Critchley, Ron & Margaret Griffin, Margaret Hawkins, Valerie Thurston, Grace McCartney, Diana Irvén, Mrs. Maureen McKenna, Peter Wyatt, Hilda Morah, Nicollas and Adam Campbell-Vencarto. We also pray for all people who are ill or are in need.

DIOCESAN 2nd COLLECTION: After all Masses **this weekend** a 2nd collection will be taken for **Racial Justice**. Racial Justice Sunday is the day the Church focuses on the need to oppose racism and pursue racial justice with renewed vigour. The Catholic Bishops' Conference has set the theme for 2026 as ***"Whoever loves God must also love his brother"*** (1 John 4:21):

NEXT DIOCESAN 2nd COLLECTIONS: Lourdes Sick & Helpers Fund on 8th February 2026 + CAFOD Lent Family Fast Day on 1st March 2026.

MASS INTENTIONS: Anyone may request a Mass to be offered for various reasons. These may include thanksgiving, praying for someone's intentions (*such as on a birthday*), for the repose of the soul of a deceased person, for the well-being of someone who is ill, or any other intention. To book a Mass intention, simply fill out a Mass intention envelope, which can be found in the church porch either side of central doors. If you prefer to keep the intention private, you can write ***"private intention"*** on the envelope. We will do our best to accommodate your preferred dates and times, but please understand that this may not always be possible. Completed envelopes to be returned via the presbytery letterbox (red door) or by giving your envelope to the clergy. A suggested mass stipend is £10.00 per mass. Thank you.

VOLUNTEERS NEEDED FOR FIRST HOLY COMMUNION COURSE: We are looking for volunteers and parents whose children will be attending the course to help in preparing candidates for this sacramental program. Sessions will take place each Saturday in the Church Hall. To volunteer, please contact us colchester@brcdt.org



PALM CROSSES: We would be grateful if people could bring their old palm crosses back to us so that we can make ash for our Ash Wednesday service (18th February). A basket is situated in the Church Porch for collection of these. Thank you.

FIRST HOLY COMMUNION COURSE PARENTS MEETING: A meeting will take place in Cardinal Bourne hall on **Saturday 7th February at 11.00am.** All parents who have registered their child(ren) for this course must attend. If unable to attend, please let us know by email colchester@brcdt.org

LECTIO DIVINA : Praying with the Word of God, Pope Leo's intention for January. This will take place each Tuesday in Lent, beginning on the 24th February, reflecting on the following Sunday's Gospel. In the Crypt at 10.15am (*after 9.30am morning Mass*). In these sessions, a monthly group will be discussed, to take place on a Wednesday at the same time. info Valerie Q: 07941903227/01206 621196



FILMS ON WEDNESDAY at 12.30pm in the church hall - no charge, everyone is welcome 4th Feb: A film, The Jesus Revolution - about the Jesus Movement among the hippies in the 1960s.

OUR LADY OF WALSHINGHAM STATUE: If you would like to host the statue at your home and pray the Rosary for a week. please contact Gemma – Tel: 01206 844751 or email olwstatue2024@gmail.com

DONATIONS WINTER COATS / JACKETS (JOSIE'S KITCHEN): If anyone has a Winter coat, they no longer wear but it is in good condition, please consider donating it. Items will be given to the homeless and those in need this Winter. Please drop into the Presbytery.

CHRISTMAS CRIB COLLECTION IN AID OF THE BRENTWOOD CATHOLIC CHILDREN'S SOCIETY: In accordance with Diocesan policy, our Crib will remain in place until the Feast of the Presentation of the Lord [February 2nd] and these offerings will go to the (BCCS) Brentwood Catholic Children's Society.

KNIGHTS OF SAINT COLUMBA will be hosting the following events at St Teresa's, Lexden:

- **QUIZ NIGHT - 21ST FEBRUARY 2026:** Please come and support the KSC Quiz Night at St Teresa's, Lexden. 7:30pm start. £5 per person. Bring your own snacks/alcohol. Light non alcoholic refreshments available. Money raised for the Alma Mater Project, supporting pregnant mothers in their studies, and Colchester Food Bank. To confirm attendance/book a team in please call George on 07476781885
- **LENTEN DAY OF REFLECTION - 7TH MARCH 2026:** On the theme – The Body of Christ, please join the Knights of Saint Columba for the day at St Teresa's Lexden. This will include a documentary on the Shroud of Turin, an opportunity for Adoration of the Blessed Sacrament, the Sacrament of Reconciliation and a talk on how we can all play a role in the building up of the Church in our day to day lives. To confirm a place please call or text George on 07476781885. Packed lunch required, refreshments available - donations requested towards the work of the KSC locally.

LOVE THE STRANGER: In St Teresa's Fr Saurin Hall, Clairmont Road, CO3 9BE on Friday 6 February From 7.00pm - 8.30pm. This is an opportunity to reflect how our faith helps us to respond to migrants and refugees by using short videos, scriptural passages, prayers and thought-provoking questions. This is based on the document by the Bishops of England and Wales and grounded in the Catholic Church's rich tradition of social teaching. Please join us

SUMMER LOURDES PILGRIMAGE (18-25 Jul 2026): Applications are open online for this years' Lourdes pilgrimage for those in year 10 and above. You can find all information and the link to apply at www.bcys.net/events/sl26. As always, there is funding available for which we can provide advice and support. We hope to have as many different schools and parishes represented as possible so if there is any support we can give, please do get in touch.

BCCS AFTERNOON TEA: The Brentwood Catholic Children Society is delighted to kick off the year with an invitation to Afternoon Tea. Hosted in the opulent surroundings of the **Roslin Beach Hotel in Southend-on-Sea on Tuesday 17th February 2026** (1:30pm-3:30pm). This fundraising event promises an experience of true luxury. Tickets are £35 per person - for more info www.bccs.org.uk/get-involved/events/ or contact Julie (jabbott@bccs.org.uk or 07912277413).

CHURCH CLEANING TEAM: Monday 02/02/26: **Team 2** / Monday 09/02/26: **Team 3**

COFFEE MORNING ROTA: 01/02/26: SVP / 08/02/26: Matthew + Mariamma