

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:

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St James the Less and St Helen RC Church, Colchester

FIFTH SUNDAY IN ORDINARY TIME (A)

Week Commencing 8th February 2026

In the Gospel, Jesus gives us two simple images: salt and light. Both are ordinary, yet both make a real difference. Salt preserves and gives flavour. Light pushes back darkness and helps people see. When Jesus says, "You are the salt of the earth... You are the light of the world," he reminds us that our faith must be visible and active. It must touch daily life. Salt does not exist for itself. It disappears into the food so that others may benefit. In the same way, the Christian life is not about drawing attention to ourselves, but about quietly bringing goodness and hope wherever we find ourselves. Pope Francis often reminds us that authentic Christian witness should not be loud or showy. It is seen in concrete acts of love, patience, forgiveness and service. Our good works are meant to lead others not to praise us, but to give glory to God. The question for each of us is simple: where am I called to be salt and light today? In small, faithful ways, we can brighten someone's darkness.

Fr Philip

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
Monday 9th			Feria
	Church	9.30 am	Deceased Relatives of Betts Family
Tuesday 10th			St Scholastica, v
	Church	9.30 am	Ursula + Chase Harrison RIP
Wednesday 11th			Our Lady of Lourdes Principal Patroness of the Diocese
	Church	9.30 am	Edward, Sam, Bernard Harrison
Thursday 12th			Feria
	Church	9.30 am	Thanksgiving R Joseph
Friday 13th			Feria
	Church	9.30 am	Ints: Edr Micah
Saturday 14th			St Cyril, m & St Methodius, b
	Church	9.30 am	Ints: Sebastian and Virginia

SIXTH SUNDAY IN ORDINARY TIME (A) WORLD DAY OF THE SICK

Saturday 14th	Monkwick	5.00 pm	Engr Onimowo RIP
Sunday 15th	Church	8.00 am	Efleda, Nenita, Seqindina RIP
	Church	10.30 am	Ints: Sebastian and Virginia
	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

OUR LADY OF WALSINGHAM 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



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!

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 FEBRUARY: *For children with incurable diseases.* Let us pray that children suffering from incurable diseases and their families receive the necessary medical care and support, never losing strength and hope.

MARRIAGE MATTERS: (Isaiah 58:7-10 1 Corinthians 2:1-5 Matthew 5:13-16) ***Unity is the key.*** When we married, a new flame was lit in our Church, signified by the lighting of a new candle as we made our vows and became "Little Church" together. Now, as we think of our life up to now, we can see how our love has been reflected on to our children, our family and our Church community.

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 **Lourdes Sick & Helpers Fund**. On Wednesday we celebrate the feast of Our Lady of Lourdes, patroness of our diocese. Each summer a large group of pilgrims from our diocese visits the place where Our Lady appeared to St Bernadette. The collection that is taken up throughout our diocese today makes it possible for people to go on pilgrimage who would be unable to spend this time in Lourdes without support from our team of doctors, nurses and helpers, or without financial assistance. As well as the retiring collection at Mass, you can give online at <https://www.dioceseofbrentwood.net/donations> (specify 'Lourdes Fund' in the 'Other' box). Thank you for your support.

NEXT DIOCESAN 2nd COLLECTIONS CAFOD Lent Family Fast Day on 1st March 2026 and Church Easter Flowers at Priory Street and Mile End on 22nd March 2026.

ASH WEDNESDAY (18th February) This marks the beginning of Lent, a time of fasting that has been kept almost since the time of the Apostles. We will have 3 Masses at Priory Street at 9.30am; 12.15pm & 7.30pm with "ashing" (optional) also 9am Mass at West Mersea and the Polish Mass will be at Monkwick at 6.00pm.

STATIONS OF THE CROSS (LENT): This will take place every Friday commencing on Friday 27th February in Priory Street at 12.00pm (afternoon) and 6.00pm at Mile End.

POLISH STATIONS OF THE CROSS (Lent): This will take place every Tuesday evening at 6.30pm in Priory Street, commencing on Tuesday 24th February.

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.

LECTIO DIVINA: The Holy Father requests that we Pray with the Word of God. Reflection on the following Sunday's Gospel will take place each Tuesday in Lent, beginning on the 24th February. In the Crypt at 10.15am (*after 9.30am Mass*). info Valerie Q: 07941903227/01206 621196

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@brodt.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.

NATIONAL MARRIAGE WEEK: Please pray for all those living out the vocation to marriage and couples preparing to marry. Support is available for those who need it, and your parish priest can point you in the right direction. If you are celebrating a significant anniversary this year, please let your parish know so that you can be invited to the Mass of Thanksgiving in the Cathedral on Saturday 11th July.

SERIES OF FOUR LENTEN LECTURES 2026: Will take place at Brentwood Cathedral Parish Hall commencing Wednesday 25th February 2026 at 7.30pm. The theme this year is: "*What does it truly mean to be Catholic?*" This invitation is to the whole Diocese of Brentwood. All Welcome!

- **Talk 1.** Wednesday 25th February. Abbot Hugh Allan, O Praem. "*I Believe...*" Living and Proclaiming the Catholic Faith. 7.30pm
- **Talk 2.** Wednesday 4th March. Rev Msgr Kevin W Hale, VG. Being Catholic and the call to holiness as seen in the lives of some recently canonised saints. 7.30pm
- **Talk 3.** Wednesday 11th March. Mr Mauro Iannicelli. Prayer as the Foundation of our Catholic Life. 7.30pm
- **Talk 4.** Wednesday 18th March. Rev Msgr John Armitage. The uniqueness of Catholicism for British Society. 7.30pm

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.

LOURDES WITH OUR DIOCESE: Join Bishop Alan and pilgrims from across our diocese in Lourdes this summer: Friday 17th - Friday 24th July 2026. Bookings will open shortly at <https://www.tangney-tours.com/brentwood>

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.

CHURCH CLEANING TEAM: Monday 09/02/26: **Team 3** / Monday 16/02/26: **Team 4**
COFFEE MORNING ROTA: 08/02/26: Matthew + Mariamma / 15/02/26: African Community